

Soaring Eagle District Cookbook



**Sam Houston Area Council
Houston, Texas**

04/23/19

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Soaring Eagle District is part of the Sam Houston Area Council of the Boy Scouts of America. The district is an outgrowth of the former Rising Star District in North West Harris County; and after 20 years it is time to update the former's cookbook with additional boy selected recipes and with new food items. We hope you enjoy the recipes and pass along a copy; if you wish, to your fellow Scouters.

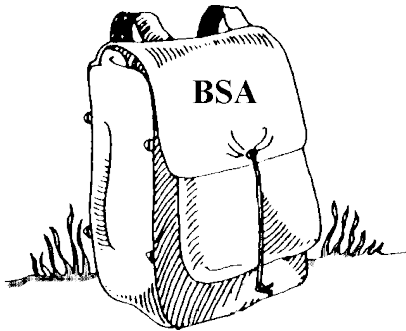
Bobby Hale

Boy Scout Roundtable

Dennis Schmitt, ASM

Philmont Grace

For Food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee, O Lord





intro

"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Ed Bailey, Denver, CO.

District Troops have families from all over. They bring knowledge and experiences from all over the world. And along the way, a few good recipes. Friends and relatives agree that you may have these secret recipes only on one condition. That you add your own and pass on the total to others.

Cooking and eating are an adventure. There is just something about camp cooking that is special. Cooking outdoors requires a different set of rules and equipment. Take time to plan some activities that will include food

preparation, whether it is brought in a paper sack or food that will be prepared by the boys. Cooking is a skill and cooking outdoors with charcoal, wood or a backpacking stove will take some skill. Take time to talk about what you plan to cook, discuss safety and practice fire building.

Thanks to the authors and editors of the Rising Star Cookbook, and other scouting cookbooks.

Cub = Cub scout skill level



WB = Webelos skill level



Scout = Boy Scout skill level



BP = Backpacking



Teaching Scouts to Cook

- Bobby Hale

When I do outdoor cooking demonstrations, I am not so much showing people to cook, as I am giving pointers on how to teach boys to cook. Adults, for the most part, already know how to cook. Cooking outdoors is pretty much just like cooking indoors, except you don't care if you spill something and drying does not stink up the house. They will be using camp stoves or charcoal fires for the most part. They may be using aluminum "patrol cook kit" pans, or they may be lucky and have cast iron.

Spend some time with the menu planning. Make up a work sheet that has the spaces for the meals required, and on the same page, have them list the ingredients that will be needed to make the meals. It's OK to list "sloppy joes" but what exactly goes in that, and how to make it? You are going to have to talk about food groups, and what is appropriate, and what is

not. Many great forms can be had for free on the internet. (Remember, there is no such thing as plagiarism in scouting!) But give credit. Many troops require that the menu plans be approved by adult leaders. This will prevent being stuck with hot dogs and Pop-Tarts for every meal.

Talk about food safety. There is always a lot of news about contaminated prepared foods. Discuss temperature requirements, maintenance of clean utensils and food surfaces, and washing hands, washing hands, washing hands (especially after handling raw meats- yuk)

Some foods that we like have very short life, such as fish and shrimp. If refrigeration is a problem, think about canned or pre-packaged meats. Even fresh veggies have to have a lot of handling, so canned may be better for camping. Put ice chest items in Zip Lock bags. As your

ice melts, food won't be contaminated by floating in questionable water. YUK

Don't assume that everyone know how to work a camp stove. (even new leaders) Most troops use propane stoves, and those are pretty safe if in good conditions. Periodically check the o-rings and connections on the big tanks and hoses. A leaky o-ring can lead to panic and chaos. Some boys do not realize that you can turn the heat down on the stove. If the bacon flashes when you put it in the pan, the fire is too high.

Charcoal is used a lot for Dutch Ovens, foil cooking and roasting, but not so much for pots and pan cooking. Match Light charcoal is OK, just make sure it is completely ready before cooking of your food will taste of kerosene. Charcoal chimneys are good, fast, safe starters. Avoid buying cheap store brand charcoal, as it

burns too fast and does not make as much heat for Dutch Ovens. Kingsford's is best.

Dutch Oven cooking is a whole different ball game, and done well, leads to well earned bragging rights. Once they start this, they will be hooked, as it is easy, a good opportunity for one-pot meals, and virtually opens the menu to anything that could be prepared in an oven at home.

It may be a good idea to have an adult “mentor” the cooks while they are preparing a meal to offer timing suggestions, and supervise the cooking process. Avoid the temptation to grab the spoon and take over. Remember it takes you 30 seconds to open a can, but to a 12 year old, it is a discovery event.

It is important that the entire patrol eat at the same time. Otherwise, after the food is all gone, the other patrol members will show up,

resulting in more panic and chaos. No seconds, until all have had first's.

Show them how to do proper clean up. It is not a good thing to pull utensils from the chuck box with clear evidence of the last meal on them. That is a good way to get the cha-cha's. Frequent chuck box inspections is a good routine. If possible, keep dry food staples in a separate tote from the chuck box. This will keep insects and varmint issues to a minimum. (Not all gear storage areas are pest free)

In summary, one of the most desirable facets of Scouting is letting the boys plan, buy and prepare their own camp meals. No one has ever starved to death on a week end campout. No one wants to miss any meals either. This can really be a source of pride to any patrol. Just in case... it is not a bad idea for the adult campers to have an extra can of SPAM and Bisquick in the chuck box just in case a patrol has a

cooking disaster. It can and does happen, but less often that you would think. Remember, “Be Prepared”



“Be Prepared”

Planning First

The Plan

Where to Camp?

Type of camping? Base camp, Back packing, Canoe

Number of days and number of scouts in patrol

Menu planning: By the Boys in the Patrol or Troop

Budget: \$\$ per scout

Equipment needed from Quartermaster

Review by Assistant scoutmaster or Troop Guide

The Execution

1. Shopping: By the Boys in Patrol or Troop
(NOT PARENT)
2. Practice for new scouts at a meeting, backyard,
at base camp
3. Packing: car camping versus backpacking
versus fishing
4. Setup a **duty roster** for fire, water, cooking
area, cleaning
5. Timing: what needs to be cooked first, are
coals needed?
6. Cooking: No seconds, until all are feed
7. Cleanup: inspection?

Evaluation What worked and what did not work: food,
procedures Record results and recipes for next trip.

Weekend Camping Trip Menu Planner

Patrol:

<u>Friday Night Cracker Barrel</u> (2 or more required) Food _____ Food _____ Food _____ Drink _____	<u>Preparation</u> <u>Instructions</u>	<u>Equipment</u>
<u>Saturday Breakfast</u> (3 or more required) main _____ side _____ bread _____ drink _____ fruit _____ extra _____ extra _____	<u>Preparation</u> <u>Instructions</u>	<u>Equipment</u>
<u>Saturday Lunch</u> (3 or more required) main _____ side _____ bread _____ drink _____ fruit _____ extra _____ extra _____	<u>Preparation</u> <u>Instructions</u>	<u>Equipment</u>

<u>Saturday Dinner</u> main _____ side _____ bread _____ drink _____ fruit _____ extra _____ extra _____ (3 or more required)	<u>Preparation</u> <u>Instructions</u>	<u>Equipment</u>
<u>Sunday Breakfast</u> main _____ side _____ bread _____ drink _____ fruit _____ extra _____ extra _____ (3 or more required)	<u>Preparation</u> <u>Instructions</u>	<u>Equipment</u>

Patrol Grocery List

GM _____

Food Item	Quantity	Cost per Item	Total Cost

Total cost _____ \$\$ per Scout _____

Menu Planning

Larry Hoffman, Troop 483, Thoughts from 1997

One of the most important things we do to prepare for a campout is to plan what we will eat. You should be able to make anything outdoors that you can make at home. The important thing to remember is that the meals need to be cooked, they need to be balanced, and they need to be good food that you like. The following is a list of suggested menus that you can use to assist you in your menu planning.

Breakfast

-Breakfast can be the best meal of the day if you take time to plan and prepare it. Always serve a main dish, fruit (fresh or dried), and juice. Pop tarts, granola bars, and dried cereal are not suitable for Boy Scout breakfast.

- Breakfast Burritos - Use flour tortillas, scrambled eggs with sausage and cheese. You

can also add chopped Onions and green peppers. Serve with hot sauce.

- Instant oatmeal or grits - This is a good meal when you are backpacking or for Sunday mornings when you are getting ready to break camp and go home.
 - Biscuits and Gravy - Use the canned biscuits and instant gravy mix. You can cook about 12 biscuits in a #10 Dutch oven. The instant gravy mix uses only water to make. Fry sausage patties or bacon to eat with the biscuits.
 - Pancakes - Use instant batter and make on the griddle from the chuck box.
 - Cinnamon rolls - Use the canned cinnamon rolls and bake them in a Dutch oven, box oven, or pie pan oven.
- These are a good meal with fruit and juice.

Lunch - As a rule lunch should be a light meal that can be prepared with the minimum of utensils and effort. Always plan to have some

type of bread products, vegetables, fruit, and a protein. Plan to make some type of Kool-aid or punch. Canned sodas, boxed juices, and bottled drinks are not allowed at Troop campouts.

Soup and sandwiches - The best type of soups to make are the instant noodle soups like Ramen Noodles or Lipton Chicken Noodle soups. They are easy to prepare and they taste good. You can add canned chicken to them if you like. Keep the sandwiches simple. Grilled cheese, peanut butter and jelly, or tuna salad are good suggestions. Plan to serve carrot sticks or a green salad.

- Burritos - Burritos are very simple and very good. The beans can be heated right in the can (if you are careful). Wrap them up with grated cheese and a little hot sauce. Serve with vegetable sticks dipped in salad dressing and juice.

- Pizza - Pizza is a favorite of just about everyone. The best way to make pizza is in the Dutch oven or pie pan oven. Use canned

biscuits or Boboli pizza shells for the crust, bottled Pizza sauce, mozzarella cheese, and your choice of toppings. Serve with carrot sticks, fruit, and juice.

- Tacos - Make tacos or taco salad using hamburger meat, cheese, lettuce, tomatoes, and taco sauce.

Dinner - Dinner needs to be the meal that you make the fanciest meal of the day. At dinner you really want to show off the cooking skills of you Patrol. You should serve a meat, vegetable, bread or pasta, fruit, and juice.

- Foil Packs or Silver Turtles - These are the easiest and most foolproof of the dinner menus. You can make you meat and vegetables at the same time. You can be very creative with Silver Turtles. Use a variety of meats, such as hamburger, sausage (links or packaged), chicken, pork, ground turkey, or fish. Any type of vegetable can be used. Traditionally silver turtles are made with sliced potatoes, carrots,

onions, and mixed vegetables (canned). Season them with any type of appropriate spice, They are very good with a little BBQ or A-1 sauce poured in them. For dessert you can wrap up an apple that has been cored and filled with brown sugar or red-hots and cook it with the foil pack. Be creative since you won't have to spend a lot of time cleaning up.

- Spaghetti - Spaghetti is a good dinner meal. There is only one catch . . . you cannot use sauce from the jar. If you are going to make spaghetti you must make your own sauce from scratch. It is very easy to do with browned hamburger or Italian sausage, Italian spices, and tomato sauce. You can spice it up with onions and garlic. Serve it with a green salad and garlic bread. Make garlic bread in the box oven or Dutch oven.

- Stew or soup - During cold weather a nice stew or soup is very good and easy to make in Dutch oven. It is best with beef cubes, potatoes, assorted vegetables all cooked

together until they are done. Serve with bread and juice.

- **Fajitas** - Chicken or beef fajita are simple to make and even better to eat. They can be made over charcoal on a grill or in a skillet or griddle. Be sure to make some sauteed onions with them. Serve with tortillas, green salad, grated cheese, hot sauce, and juice.

Desserts - The favorite meal of the day has got to be dessert. Keep in mind that anything you can make at home in your stove or oven you can make on a campout. You can bake cookies, pies, cakes, cobblers, turnovers in a Dutch oven or box oven. You can make pudding or pop popcorn. Plan to make at least one dessert on each campout. The most popular is Dutch oven cobbler, but don't limit yourself.

Drinks - Plan to drink juice or Kool-aid on every campout. Orange juice (Tang) is great for breakfast and Kool-aid will be your drink of

choice for all other meals. Have packets of Hot Chocolate in the Patrol gear for cool evenings and mornings. Remember, no sodas, boxed drinks or canned drinks. Less to dispose of.

Snacks - Plan to have snacks for the Patrol. Do not bring candy or junk food unless you bring enough for the entire group. Good snacks for campout include Gorp, trail mix, jerky, and chewing gum.

Vegetables - It is important that you eat some vegetable with lunch and dinner. If possible, try to cook the vegetable with the meat. Carrot sticks are always easy and good.

Fruit - Fruit should be planned for every meal and snacks. Oranges, apples, bananas, and raisins are the most common. Baked apples make a great dessert.

Meat - Try to have a meat dish for every meal. Remember that fresh meat can spoil quickly in the Texas heat so freeze it before you bring it. Use canned meats whenever possible (canned tuna, chicken, or SPAM). They do not spoil and if prepared properly they are very good.

Breads and Pasta - Breads and pasta are where we get the energy we need to keep going all day. Plain white bread is okay but it can be smashed very easily. If possible, substitute tortillas or pita bread. English muffins are good also.

Scoutmaster Rule #3

“Take seconds only after the rest have finished firsts”

Fred Wantsommore

Special Cooking Terms

Blanche: To cook quickly in boiling water. Vegetables are blanched, then plunged into ice water to set their color or to make them easier to peel.

Boy Scout Definition: Add boiling water to instant vegetable soup mix.

Cream: To beat air into butter or shortening. Usually in combination with sugar. A common baking mistake is not creaming thoroughly. It can take up to 10 minutes to make butter really fluffy.

Boy Scout Definition: To beat up the butter, till it yells uncle.

Deglaze: To add liquid - usually wine, stock or juice - quickly to a hot pan. The cooking residue in the pan is loosened, adding flavor.

The liquid is then boiled (cooked down) for a quick sauce. *Boy Scout Definition: To add boiling water to clean the pot.*

Fold: To mix one ingredient very gently with another, such as adding beaten egg whites to a batter without deflating them. Not to be confused with stirring, which is more vigorous. Fold with a rubber spatula, scooping under the main ingredient and folding it over the added ingredient.

Boy Scout Definition: Bend a tortilla in half

Peaks: Sufficiently beaten whipped cream or egg whites will stand up in peaks. To test, lift the beater or whip: Soft peaks will point up, then fold over. Stiff peaks will stick straight up.

Boy Scout Definition: Climb every Mountain, Ford every Stream

Poach: To cook an ingredient, usually fish, boneless chicken, or fruit, in a gently simmering liquid, usually water flavored with herbs. Some fruit juices can make flavorful poaching liquids too.

Boy Scout Definition: No. Don't shoot the King's deer.

Reduce: To boil a liquid rapidly until it partially evaporates. Reducing concentrates flavor of stocks for sauces.

Boy Scout Definition: Smaller and Smaller

Zest: The outer, colored portion of citrus peel. Doesn't include any of the white part of the peel, which is bitter. To remove the zest, use the small holes of a grater and rub very gently, or use a zester or a vegetable peeler to peel off longer strips. If you get any of the white part on a strip gently scrape it off with a knife point.

Boy Scout Definition: Eat them up.

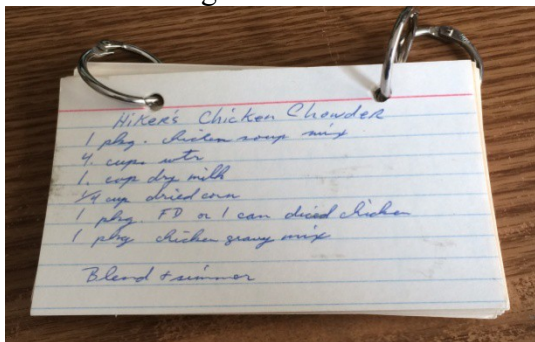


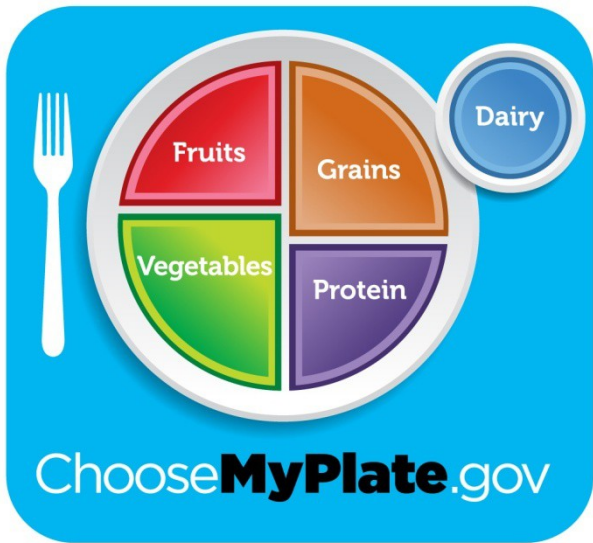
Recipe Cards Idea

– from Troop 928, Houston, TX

This book is formatted as 4" x 5" so you can read on mobile devices and use the following idea.

Place your favorite recipes on index cards and laminate with plastic. Punch holes and connect with split rings. You can use plastic spray to coat the cards or wet proof coatings. Check the ink for smearing.





Reminder to plan complete meals.

Eat hearty and happy camping.

General Commandments on trail cookery: *go light, no fuss, no mess*

- 1. Nutritious** *What! pop-tarts for supper again?*
- 2. Low in weight** *Less than an 11 yr. old Scout.*
- 3. Taste Great** *Scouts sure are great cooks.....*
- 4. Cooks fast with no fuss** *Hurry up, the batteries are going...*
- 5. Meets BSA's handling standards** *Packed by a 11 yr. old Scout*
- 6. Compact** *Smaller than a 11 yr. old Scout*
- 7. Cheap** *No the Money Tree is not in the Forestry Merit...*
- 8. Clean** *Wash your hands again.*

Highly recommended reading for Parents, Leaders, and grommet Scout cooks and eaters:
Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA – revised 2015

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake

and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food plate is a guide for meal planning. The Plate can change with



camping. The high calorie diet of campers use more fats during colder weather. Try to take the bulk of the food from the carbohydrate group. We have tried not to duplicate the many books available on camp cooking (see additional reading list). We have tried to place our own stamp on the type of cooking that our troop does, but do not limit yourself to the recipes, invent your own. The following tables are for the adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

Take special note of any dietary needs of the Scouts and adults. Allergies to foods are common.

Scoutmaster Rule #47:

"No Boy Scout ever starved to death on a weekend campout."

-- Roger Morris, Scouter

Safety and Good Cooking Habits

Start out by getting yourself ready to cook.

- * Protect your clothes from spills by putting on an apron; then wash your hands.
 - * **Timing:** schedule the food prep for the menu, so the main portion and desert are not delayed.
 - * Read the entire recipe carefully.
 - * Organize the bowls, spoons, pans and other equipment that you will need.
 - * Read and know about making fires and fire safety.
 - * Have all the ingredients for the recipe.
- Measure ingredients accurately. Follow the recipe mixing the ingredients.
- * While the food is cooking, put things away and clean up your work area.
 - * Stay near your food. If you forget them, the food will cook too long and burn.

- * Turn pot handles away from the edge so no one will bump the handle and cause pot to spill.
- * Always use potholders when handling hot pans. Keep all towels, pot holders, clothes and hair away from the flames.
- * Learn how to use a knife.
- * Have water or fluid in a pan, when placed on the stove. Even if the stove is not lit.
- * Practice, Practice before trying new recipes in the rain, 20 miles out on the trail.

Remember to review the National BSA policy on fuels and the local regulations on fires and fuels. Some Airlines have a problem with transporting empty liquid fuel stoves and fuel bottles. Call ahead and plan if flying to that high adventure camp site.

Water Purity

Water Purity in the campsite should not be taken for granted. Dirty hands can contaminate food as easily as bad water. Wash hands frequently, before food preparation and before eating, and after toilet use. Don't wash hands and face with contaminated water. Brush teeth only with treated water. There are 4 main methods of insuring safe water.

1. Bring enough along for the trip. This may be a problem on long trips. Water weighs 8 lb./gal.
2. A Filter/purifier and be used. The filter can clog up and need replacing. 1 to 1.5 lbs.
3. Chemical treatment with Iodine tablets or Polar Pure. Water needs to warm to 60 F to kill Giardia Cysts, and iodine will turn mashed potatoes purple. Chlorine bleach can also be used (5%), but may make your blue jeans whiter

than white. Halazone and Calcium hypochlorite crystals have a short shelf life after opening.

4. Boiling the water. 150 F will do, but who brings a thermometer. Hard to make cold drinks with and uses extra fuel.

Note that starches react with Iodine treated water. Turns instant potatoes dark blue.

The Golden Rules of Food Safety

ALWAYS WASH YOUR HAND BEFORE AND AFTER HANDLING FOOD.

ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM.

When preparing food, keep surfaces and utensils clean. Use one cutting board for raw meats. Use another board for fruits and vegetables that won't be cooked.

WASH YOUR HANDS BETWEEN EACH TASK!

Keeping a clean kitchen area saves on cleaning up after the meal and keeps food related illnesses at a minimum. A clean heavy plastic sheet can declare kitchen boundaries at the camp site. We don't always have tables, but the ground is there. So claim a space in the

cooking area for yourself, your patrol, or crew.

This will not be near tents.

NO one walks through; or on my kitchen.

Read the preparation directions twice before beginning.

*** WASH YOUR HANDS, yes again...**

* Pick up trash as you create it.

* Soak pots and pans after using. Prevent that stuck on food mess after the meal.

A simple trick is to fill dishpans with hot, sudsy water. This serves two purposes for me.

When preparing food, you can toss the dirty dishes into the hot water to soak while you cook. This makes for easier cleanup.



Camper's measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters

SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	= 2 cup
4 oz. cheddar cheese	= 1 cup grated
1/2 pt. whipping cream	= 1 cup (2 c. whipped)
8 oz. sour cream	= 1 cup
1 lb. flour	= app. 3 1/2 cup
1 cup marshmallows	= 11 large or 110 miniature
1 lb. brown sugar	= 2 1/4 cup (packed)
1 lb. granulated sugar	= 2 1/4 cup
1 cup milk	= 1/2 cup evaporated milk + 1/2 cup water
-or- =	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	= 1 cup milk + 1 tbs. vinegar
	= 3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 stick butter	= 1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	= about 17 slices
1 1/2 tsp cornstarch	= 1 tbs all purpose flour
1 cup Honey	= 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in a recipe.

Breakfast Anyone?

These recipes have been gathered from many places and box labels.

Read the preparation directions twice before beginning.



Aluminum Eggs *Ed Bailey* **FOIL****1 Sausage Patty****1 Egg****1 handful Hash Brown Potatoes****1 dash water****salt, pepper, spices**

On a sheet of aluminum foil, place the hash browns, and sausage patty. Remove the shell of the egg and place the egg on the hash browns and sausage. Wrapped in double foil pack and placed on coals for 10-15 min. If it burns, cut down the time.



Mine shaft Pig *Ed Bailey* ***FOIL*****1 potato****1 sausage link****Aluminum foil****dash water**

Core a tunnel in a potato with an apple corer, and then stuff the tunnel with a sausage link. Pierce the skin of the potato to prevent bursting. Wrap in foil and bake on coals, or in oven for about 45 min.



The Better Bator - Wanza Batter

Lou Bator

SKILLET



2 cups flour

4 tsp. baking powder

1 stick melted margarine

1 cup cold buttermilk

2 eggs (minus shells)

Mix above ingredients then add cold regular Homogenized milk 'till batter is right consistency. One half measures of above works as well. GRRREAT Pancakes !!!!



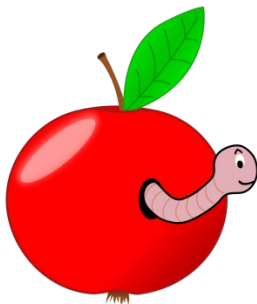
Worm in the Apple
Scouts

Canadian
FOIL

1 Apple
1 sausage link
Aluminum foil



Core an apple, stuff with sausage link, wrap in foil, cook until soft (~40 min.) Canadian Scouts..



Ants in the Oatmeal
Ross



Dick

ONEPOT

Regular oatmeal (not instant) with brown sugar, raisins & nuts, canned fruit



Three Oatmeal's: single serve, add hot water

1) Peaches and Cream



2/3 cup instant oats

1/4 cup powdered milk

1/4 cup dehydrated, diced peaches (1 peach)

sprinkle of dried cranberries

2) Apple Cinnamon Oatmeal



2/3 cup instant oats

1/4 cup dehydrated, diced green apple (1/2 apple)

1tsp cinnamon

1/4 cup raisins

brown sugar to taste

3) *Peanut Butter Banana Oatmeal*

2/3 cup instant oats

2 Tbsp powdered peanuts

2 Tbsp powdered banana

(puree 2 bananas, spread on silicone sheets and dehydrate. Break into pieces and powder with a coffee grinder) brown sugar to taste



The real Northwest way of packing. Mount Zenith on the trail. The Mount Zenith Mountain sack is sturdy—will not break or split. Keeps your grub dry and clean. Get free offer coupon below.

Cream of Freebies

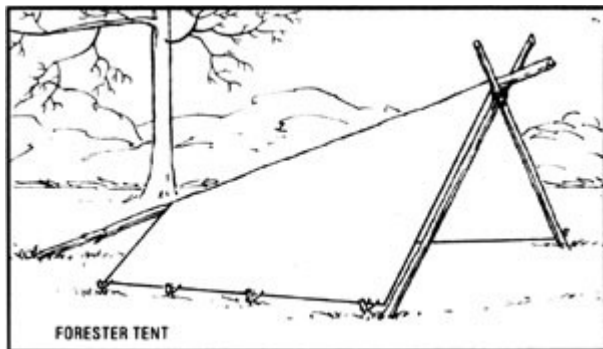
Michael Vesely

ONEPOT

**1/2 cup boiling water,
1/2 cup Cream of Wheat
and freebies**



Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonaldis, Honey from KFC or Burger King, Sugar packets...



Spamble Eggs

Michael Vesely

SKILLET

1 can (7 oz) SPAM

12 eggs

1/2 cup Sanalac instant milk

2 Tbsp. dried onions

2 Tbsp. dried green pepper



Dice the SPAM and fry in large pan. Crack and stir the eggs and milk with a whisk in a large bowl. Leave the egg shells out. Hydrate the dried onion and peppers, then add to the SPAM. Fold the eggs over the SPAM and spamble them. Serve to 6 Scouts

Bacon Bar Recipe

*NASA
Home made*

1 lb Bacon

1 oz. bacon grease

Fry the bacon with fat of choice until golden brown.

Place the warm bacon into a hamburger press.

Exert 3,000 pounds of pressure for 10 seconds.

Remove the compressed bacon and let cool.

Now you have compressed bacon that can be wrapped and used in other recipes. If you find a 3000 lb. press let me know.

*Kansas Fly Pie**Ed Bailey*
ONEPOT

1 lb. cornmeal **2 qt. water**
1 tsp. salt
1/4 - 1/2 cup raisins
beaten eggs
syrup, honey, or jam



You may want to start this at home..

Put 2 quarts of water into a pot, make sure the pot can hold 4 qt. Add 1 teaspoon salt; bring to boil; pour cornmeal into the water a handful at a time (about 1 lb.) stirring constantly until the mush gets thick. Cover and simmer slowly for 20 min. stirring often; add raisins; mix well; pour into greased bread pans (2) and let cool until congealed. Slice loaf into 1/2 inch thick slices; dip in beaten eggs; then fry, hot and browned. Serve with syrup, honey, or jam.

Sam's Bullfighter Breakfast

Ed Bailey

ONEPOT

1 lb. cornmeal

2 qt. water

syrup, honey, or jam

1 tsp. salt

1 pound of cooked, crumbled sausage

beaten eggs

1 small can of diced chilies (mild or hot)



Same as the Kansas Fly Pie, however, you skip the raisins. Instead, add 1 pound of cooked, crumbled sausage and 1 small can of diced chilies (mild or hot). Mix well: follow cooking directions of Kansas Fly Pie. Serve with Salsa.

New Mexico Omelet

Philmont Training Center **SKILLET**

Eggs
ground sausage
green pepper
onion
cheese



Sauté onions and green pepper and brown the ground sausage. Break the eggs into the mixture and scramble. Add cheese last, melt and serve.

Egg in the Nest

Big Bird

SKILLET & Griddle

1 piece bread,

1 egg,

1 Tbs. bacon grease or shortening



On low heat, melt grease in fry pan. Cut a hole in center of bread for the egg. Butter both sides of the bread. Place bread in fry pan. Break egg over hole of bread and pour out egg. Fry egg and bread, Flip once, cook, and serve. Season to taste

Scramble Pancakes

Dege Dorscy
SKILLET

1 box Pancake Mix (complete)
Milk or water as needed
Oil



Mix the batter in a zip-lock bag or in a bowl. Add oil to the fry pan and heat. Spoon in the batter and wait until bubbles form in the batter. It is ready to turn. But to show your skill you scramble the batter instead. Scoop onto plates and serve with syrup. Keep the lights low, so no one can see the burnt offerings. Serve to 6 Scouts

Scramble Pancakes II
Troop 404

SKILLET

1 box Pancake Mix (complete)

Milk or water as needed Oil

6 eggs (shells removed)

2 cooks



Mix the batter in a zip-lock bag or in a bowl. Add oil to the fry pan and heat.

Second cook mixes the eggs and some milk in a separate bowl or zip-lock bag. Then the fun begins.

Cook #1 spoon/pours in the batter into a ring and wait until bubbles form in the batter. Cook #2 pours the eggs into the center of the batter ring. As the eggs harden and the batter forms bubbles. It is ready to turn. You can show your skill or scramble the mixture instead if the cooks argue over who is doing what. The original recipe is due to 2 cooks trying to use the same fry pan, at the same time.

Scoop onto plates and serve with syrup. Keep the lights low, so no one can see the burnt offerings. Serve to 6 Scouts

Maple-Flavored Syrup by McCormick

homemade Maple-Flavored Syrup on
pancakes, waffles or French toast.



Makes 1 2/3 cups Prep Time: 5 minutes

1 1/2 cups light corn syrup

1/4 cup packed brown sugar

2 tablespoons water

**1 teaspoon McCormick® Imitation Maple
Flavor**

**1 teaspoon McCormick® Pure Vanilla
Extract**

1. Mix corn syrup, sugar and water in medium saucepan. Stirring constantly, bring to boil on medium heat and boil 2 minutes.
2. Stir in maple flavor and vanilla.

Sure Syrup

I. B. Sure
ONEPOT

1 cup packed brown sugar

1/2 cup water

1 Tbs. margarine



Mix and simmer until sugar dissolves. Watch it.
Don't Burn it.

Variations: use apple juice instead of water,
Maple flavoring, 1/2 tsp. cinnamon, or Heat
together Karo Syrup and Jam.

1 tsp. Maple flavoring will help this recipe.

Crescent Rolls on a Stick *Old Standby*

STICK

1 tube of refrigerated Crescent rolls
Butter or margarine
Jam, jelly or honey



Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per Scout.

*Breakfast Cake**Bisquick*
SKILLETS**8 oz. blueberries or other fruit****2 cups Bisquick Mix****1/4 cup powdered milk****2 Tbs. sugar****dash of cinnamon****water**

Heat fruit in large pan. Mix dry ingredients with enough water to make a thick batter. Drop large spoonfuls of batter onto fruit. If you pour, the batter will push the fruit to the sides. Cover and cook until batter becomes a cake.

Ranch House Potatoes **SKILLETS**

**1/2 bag small potatoes,
1 dozen eggs,
1 pound sausage or bacon**



On the afternoon before leaving, wash potatoes with water, piercing skins with knife. Microwave until almost cooked. Place in refrigerator/ice chest until ready to make recipe.

(Flat non-stick griddle)

Fry sausage/bacon, and then drain well. Break bacon or any large sausage pieces into bits.

(Large non-stick skillet)

Slice potatoes thin (less than 1/4 inch). Use left over grease from meat to fry potatoes in, breaking large pieces. Turn potatoes to brown well. Add meat.

Break eggs on top of potato/meat mixture, and stir to cook eggs. **Serve immediately to 8 hungry persons.**

Hash Tortillas

Dick Ross

SKILLET



Tortillas

1/2 package dehydrated hash brown potatoes

Butter

**1/2 summer sausage (beef stick)
canned fruit**

Fix the hash brown potatoes according to directions, when almost done add slices of sausage. Wrap in tortillas. Fruit for a nosh.

Baked Apple Granola

Foil

1 large firm apple

3 Tbsp. granola cereal

1 tsp. butter

1 tsp. brown sugar

Dash cinnamon



Core apple, leave bottom. Add mixed ingredients and stuff in apple. Wrap in double thickness of aluminum foil. Place on medium hot coals for 20 minutes. Serve warm for breakfast.

Eggs MacSanches**ONEPOT****2 eggs****crumbled bacon****Flour tortillas****cheese or shredded cheese
sauce****bacon bits, or
onion flakes****1 slice****salsa****1 Quart Freezer Zip type bag.**

The heavy freezer bags are needed, not the regular. *(note that some people do not like the use of plastic bags in cooking)*



In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes a filling for about 2 tortillas.

*Termite Pie**Ed Bailey*
SKILLET

- 1 box cake mix**
- 2 quart zip lock bag**
- 1 cup raisins**
- 2 tbsp. vegetable oil**



Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit. Pour in 1 cup of cake mix for a mess kit, 2 cups for a small skillet. Cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out). Cook a few more minutes and then count the termites as you eat.

Vienna Toast

SKILLET



2 slices bread

Jam

2 eggs

1 tsp. sugar

1/4 cup milk

Cinnamon

Powder sugar

Make a Jam sandwich. Beat 2 eggs per person (4 pieces of toast). Add a little sugar, cinnamon, milk, and water. Dip sandwich in egg mixture, fry like French toast. Dip fried sandwich in powder sugar or sprinkle the powder sugar over them.

Scotch Eggs

SKILLET

English muffin

1 egg

butter or margarine



Cut silver dollar size hole in an English Muffin. Butter both sides. Place on griddle. place egg in hole. Fry both sides, slowly until cooked.

A McMuffin might be just as easy

Real Scotch Eggs *Anne of Palfreyman*
SKILLET

Hard boiled egg
Ground sausage
Bread crumbs



Take a Hard Boiled Egg (without the shell) and mold a shell of ground sausage around the egg, roll in bread crumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.



Powered eggs and SPAM



1 single serve package of SPAM

Cooking oil

4 tbsp OvaEasy egg crystals

6 tbsp water

Cut up the spam into chunks and fry in the cooking oil.

In a cup mix the egg crystals and water. Add the egg batter to the fried spam in the fry pan and scramble. Add salt/pepper or salsa.

Dick's Hash

Dick Ross
SKILLET

2 potatoes
1 can chunk Ham
1 egg
Shortening/margarine



Pre-cook 2 potatoes, skins on. Wrap in foil for trip. At camp: melt shortening in fry pan and slice the potato for frying. After browning add chunk ham and egg. Cook until egg is done. Salt and pepper to taste. Alternate: use dried hash brown potatoes on long trips

True Grits

A. J. Anonymous

ONEPOT

1/2 cup Instant Grits

1 tbsp. Bacon Bits

dash Molly McButter



Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.
Add cheese or cooked egg as well.



Granola to Go *Fred Wisenheimer*
ONEPOT

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.



Home Made Instant Oatmeal
From THE WELL-FED
BACKPACKER

CUP

1 cup quick oatmeal
1/3 cup instant dry milk
1/4 tsp. cinnamon
Handful wheat bran
1 tbsp. chopped nuts
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix everything together and divide into 3 bags.

On the Trail. Place serving in a cup and add boiling water. serves 3.

“yummy hot breakfast”

Posted: Karen



I found a hot grain cereal, which keeps my energy up for hours. I mix **dried fruit** and a little **brown sugar** with **couscous** and keep it sealed in a zipped bag. In the morning, I make up some **instant powdered milk** and heat about one cup over my camp stove. When the milk is just at the point of boiling, I stir in about **1/3 cup of the couscous**, cover it and let it sit for about 5 minutes. It expands and becomes porridge-like. It's warm, delicious, and worth the extra trouble to make.



Chunky Applesauce

OnePot

5 lb cooking apples

1 cup water

1 1/2 cup sugar



Peel, core, and cut apples into large chunks. Place in large pan with lid. Add water and sugar, mix well. Cook over medium heat for 5 minutes. Add water if necessary, check and cook for 5 more minutes with the lid off. or until apples are tender. Add cinnamon to taste if wanted.



*Eggs R US**Andrew Frambach**Skillet***2 eggs 1 tbsp. margarine****1/2 tsp Dillweed****1/4 tsp Italian seasoning****1/4 tsp. Celery Seed****1 slice ham 1 slice bacon 3 Tbs. milk**

Dice the ham and slice the bacon into small pieces. Put 1 Tbs. margarine into a pan and melt over medium heat. When butter melts, spread it out along the pan and add bacon and ham. Cook for about 10 minutes or until crisp. Don't forget it. Meanwhile, put the rest of the ingredients into a bowl, without the egg shells. Beat well with a whisk. When the bacon and ham are crisp, add the egg batter to the pan and frequently stir, breaking up the eggs, until the eggs are scrambled.

Serves 1.

Scrambled Egg Variations

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs

2 tbsps. Dry Milk

4 tbsps. water

1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbsps. Shredded Cheddar, Jack, or Swiss cheese

4 Tbsps. Rehydrated mushroom pieces

1 Tbsps. Crushed dry parsley or celery leaves

1 Tbsps. Bacon bar (Wilson's) or BACOS

3 Tbsps. Rinsed shredded dried beef

1/2 tsp. Chili powder

1 Tbsps. Dried tomato slices, crushed

Hush Puppies Mix

SKILLET

2 cups yellow corn meal

1 cup flour

4 tsp. Baking powder

2 tsp. salt

3 Tbsps. Sugar

1/4 cup dry onion flakes

3-4 Tbsps. Dry egg powder



At camp. Measure out one cup of the mixture. Add just enough water to make a thick dough. Drop by spoonful on a well-greased (very generously) hot skillet. Turn to brown both sides

3 meals worth.

CINNAMON FRENCH TOAST

Pierre DeFeet ***SKILLET & Griddle***

1 loaf white sandwich bread

1 1/4 cups milk

12 eggs, beaten (minus shells)

1 Tbsp. sugar from home

1 Tbsp. cinnamon from home



In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat griddle, keeping well greased. Dip each slice bread in egg mixture. Pat each side to coat well. Fry on griddle until each side is golden brown. Serve with powdered sugar or syrup.

serves 1 patrol

BREAKFAST BURRITOS

InterNet

3 Servings

1/2 lb. Ground Beef 1/2 tsp. Ground cumin
4 Eggs 9 Flour tortillas
1 sm. Onion chopped
2 cups Potato Par boiled diced
1/2 sm. Green bell pepper
1/2 tsp. Salt 1 tsp. Ground black pepper
1/2 cup Shredded cheddar cheese



Brown the ground beef with the onions. Drain the fat, then add the spices and diced potatoes. Whisk the eggs and milk slightly. Add to beef/potato mixture over a medium high. Mix together as in scrambled eggs. Warm flour tortillas on a hot griddle. Put egg/beef mixture on warmed tortilla and sprinkle with shredded

cheddar cheese. Fold the tortilla making a burrito. Serve with salsa of your choice.



SAUSAGE, CHEESE, AND EGG CASSEROLE

*InterNet**Dutch Oven*

Yield: 6 Servings

12 cup Herb seasoned croutons

1/2 tsp Salt

1 Dash of pepper

2 cup Grated sharp cheddar cheese

1 1/2 lb. Mild bulk sausage

1 can Cream of mushroom soup

2 1/2 cup Milk

1/2 cup Milk for soup

4 Eggs

3/4 tsp Dry mustard

Place croutons on bottom of greased Dutch Oven, top with 1 1/2 cups of cheese. Brown and drain sausage, put on top of cheese. Beat eggs with milk and seasonings, pour over top. Dilute soup with 1/2 cup milk. Pour over and spread remaining 1/2 cup of cheese on top. Bake at 300 F. for 1 1/2 hours.

Trail Meals:

Trail foods should be quick or no-cook foods for a fast, sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three.



Note: You should have **clean hands** to eat Trail foods and Mixes by hand. Shared food bags should have **clean hands**. If you work outside, your hands will pick up contaminants left by animals.

From animals -- to dirt -- to your hands -- to your trail mix -- to your mouth or your friends. “Please pass me the Pink Stuff.”

Try a wide mouth (no pun) container to pour the mix into your cup or friends cup without touching the mix with your hand or your mouth.



Trail Breakfast Mix and Match:

Pick one from each category.

dairy	meat	grain	
hard cheese cheese spread string cheese	jerky bacon bar hard salami meat sticks	bagel crackers melba toast graham cracker	
drinks	Potted meat	oatmeal, instant	
water Tang tea powder mixes hot chocolate	Vienna Sausage peanut butter powder eggs eggbeaters	grits, instant cream of wheat pilot bread cereal mixes granola bar	
fruit	fun		
dried apples banana chips fruit bits fruit leathers raisins orange cranasins	trail mix choc. granola nuts sunflower seeds pumpkin seeds		

Trail Lunches

Pick one from each category.



dairy		meat	grain
hard cheese		jerky	bagel
cheese spread		can tuna	crackers
string cheese		canned spread	melba toast
		hard salami	graham cracker
drinks		meat sticks	corn chips
water		Potted meat	flour tortillas
kool aid		Vienna Sausage	wheat bread
gator types		jelly	pilot bread
powder mixes		Peanut butter	pretzels
			granola bar
fruit		fun	
dried apples		hard candies	
banana chips		GORP	
fruit bits		trail mix	
fruit leathers		candy bar	
raisins		choc granola	
walking apple		nuts	
orange		sunflower seeds	

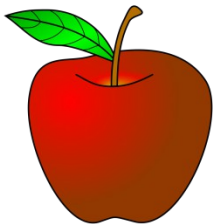
cranasins

pumpkin seeds

cereal mixes

Walking Apple***TRAIL FOOD*****1 large apple****Peanut Butter (plain or chunky)****raisins**

Take a large crisp, juicy apple and cut the top and stem off. Scoop out the core, leaving the bottom on. In the hole place several tablespoons of peanut butter and raisins. Place the top back on and wrap in foil or other wrapping. Eat while walking down the trail.



GORP and SNACKS

The combination of nuts, raisins and chocolate as a trail snack dates at least to the 1910s, when outdoorsman Horace Kephart recommended it in his popular camping guide. Danish Studenterhavre dates from 1833, and the Dutch Studentenhavre from 1658. In New Zealand, trail mix is known as "scroggin" or "schmogle".

Good Old Raisins and Peanuts 

Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

1 cup granola

mix in a Zip lock bag and eat on the trail.

*GORPMM
Magazine*

Backpacker

Trail food

**1 cup salted peanuts or dried roasted
peanuts**

1 cup raisins

1 cup M&M's

mix in a Zip lock bag and eat on the trail.

*Good-for-you-GORP
Magazine*

Backpacker

Trail food

2 1/2 cups low-fat granola

1 cup dried pears

1/2 cup M&M's



mix in a Zip lock bag and eat on the trail.

*Sunny GORP
Magazine*

*Backpacker
Trail food*

**1 cup salted peanuts or dried roasted
peanuts**

1 cup raisins

1 cup roasted sunflower kernels

1 cup M&M's



mix in a large Zip lock bag and eat on the trail.



Planters trail mix By Evan-Amos - Own work, CC0,
<https://commons.wikimedia.org/w/index.php?curid=14830314>

Trail Peak Trail Mix

Philmont Training Center Trail food

1 cup Chex's cereal, rice, corn, wheat or mixed

1 cup M&M's

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

mix in a Zip lock bag and eat on the trail.



Fruity GORP

Trail food

1 cup salted peanuts or dried roasted peanuts

1 cup dried Fruit Bits

1 cup M&M's

1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.



Mixed GORP

Trail food

1 cup mixed nuts or dried roasted mixed nuts

1 cup dried Fruit Bits



1 cup M&M's

1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Mac GORP

Backpacker Magazine

1/2 cup mixed nuts

1/2 cup Macadamia nuts

1 cup dried Fruit Bits



1 cup M&M's

1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

Tom Brokaw's Granola GORP
Backpacker Magazine Trail food

**1 cup pitted dates, prunes, raisins
or other dried fruit**

4 cups old-fashioned oatmeal

1 cup pine nuts or walnuts

1 cup shredded coconut

1 cup wheat germ

1/3 cup sesame seeds

1/2 cup honey 1/2 cup oil



Snip fruit into small pieces and set aside.
Combine dry ingredients in a large bowl. In a
sauce pan, stir together honey and oil and heat
to boil. Pour over dry ingredients, and mix.
Spread onto two 10"x15" baking sheets. Bake
25 minutes at 325° F, stirring occasionally. Add
fruit once the granola is cool.

GORP Balls

Helen Singh

The Leader, April 1984

Trail food

1/3 cup each raisins, apples, apricots, dates and coconut.

Add 1/2 cup sesame seeds,

1/3 cup walnuts 2 cups peanuts

For the glue, use 1 cup chocolate chips,

1/3 cup honey and 1/2 cup peanut butter.



Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties(M&M's in the States), hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

Gorp Balls II

Trail food

1 cup Corn syrup or molasses or Honey

3/4 cup Milk powder

1 cup Oatmeal

1/2 cup Peanut butter

1/2 cup Chocolate chips

1/2 cup Wheat Germ

1/2 cup Crushed peanuts 1/2 cup Raisins



Mix all the ingredients thoroughly. Roll into balls and each in a small piece of wax paper, (not Aluminum foil) twisting ends and chill.

*Good Ol' Gorp From General Mills
Trail food*

**6 cups Cheerios[®] or MultiGrain Cheerios[®]
cereal**

1 cup salted peanuts

1 cup golden raisins

**1/4 cup margarine or butter, melted (do not
use spread or tub products)**

**1 package (6 ounces) semisweet chocolate
chips (1 cup)**



Stir together cereal, peanuts and raisins in large bowl.

Pour margarine over cereal mixture; toss lightly with fork until mixture is evenly coated. Add chocolate chips; toss. Store in airtight container; on a trip this will not last long with that margarine on it.

Light Gorp

Deanna DeLong, 1979

Trail food

Keep a close watch or it may disappear before you hit the trail!

1/2 cup dried apples

1/2 cup dried pineapple

1/2 cup dried apricots

1/4 cup coconut flakes

1/2 cup dried peaches

1/2 cup golden raisins

1/2 cup dried pears

1/2 cup cashews or blanched almonds



Cut apples, apricots, peaches, pears and pineapple into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks. Makes about 3-1/2 cups.

Heidi's Trail Mix

Heidi

1 cup dry cereal (Cheerio's, Chex, etc.)

1 cup peanuts or soy nuts

1 handful pretzel sticks

1 cup raisins

optional, handful of dried fruit

mix in a Zip lock bag and eat on the trail.



SAM's Mix

Dennis A. Schmitt

**1 big box Pepperidge farm cheese fish
crackers or 1 box Chex Mix,**

1 lb. bag M&M's

1/2 lb. raisins

1 jar Planter's Dry Roasted Peanuts

Mix in a 2 gallon zip lock bag. **serves one
Troop.**

People Chow

Dave Corson
ONEPOT

- 1 pkg. semi sweet morsels**
- 1 cup Peanut Butter**
- 1 stick margarine**
- 1 box Crispex cereal**
- 1 lb. Powdered sugar**



Melt semi sweet morsels, peanut butter and margarine over low heat. stir in cereal until well coated. Place powdered sugar in grocery sack and then put “the mixture” into the bag and shake until well coated. The chow that is, not you.

Pack in individual bags.

Donny's Mix
Shaheen
T928

Donny

Bag



1 cup Pretzels
1 cup Chex Mix
1 cup nuts
1 cup M&M's

Mix and eat and share with your buddies

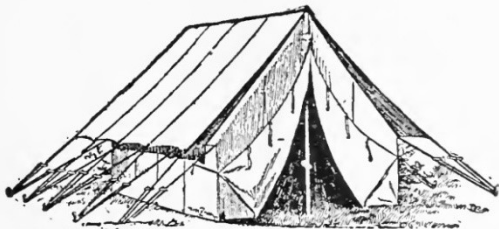


Fig. 1.-- Wall Tent, with Fly

FLT Mix

pdeaglep

- 1 Bag Dried Mango**
- 1 Cup Dried Cherries**
- 1 Cup Popping Raisins**
- 1/2 Cup Dried Apricots**
- 1 Cup Roasted Salted Peanuts**
- 1 Cup Roasted Almonds**
- 1 Cup M&M's**



Mix in a 2 gallon zip lock bag. Makes enough for 4 people for about 4 days.

Note: I would divide into individual bags; for food safety reasons; and so someone doesn't take all the M&M's



Mixed Gorp *Deanna DeLong, 1979*

Create your own gorp snacks with a variety of dried fruit, nuts and candy.

1/2 cup dried apples 1/2 cup chopped dates

1/2 cup dried apricots 1/2 cup raisins

1/2 cup dried prunes

1/4 cup butterscotch chips

1/4 cup coconut flakes 1/2 cup mixed nuts

Cut apples, apricots and prunes into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks.

Makes about 3-1/2 cups.

Variations

Other ingredients you'll enjoy in gorp are: dried currants, chopped figs, pecans, walnuts, peanuts, "M&M's" plain or peanut chocolate candies, carob stars, chocolate chips, jelly beans and gum drops.

Dark Side Gorp *Deanna DeLong, 1979*

Trail food

Hikers aren 't the only ones who will enjoy this version of the famous trail snack.

1/2 cup prunes

3/4 cup "M&M's" DARK chocolate candies

1/2 cup dried cherries

1/4 cup sunflower seeds

1/2 cup chopped dates

1/2 cup cashews

1/2 cup raisins



Cut prunes into 1/2-inch pieces. Combine all ingredients in a medium bowl. Package in airtight plastic bags and store in a cool dry place. Use within 3 to 4 weeks.

Makes about 3-1/2 cups.

School Fuel Mix

Trail food

From Chex cereals

3/4 cup packed brown sugar

6 tablespoons margarine or butter*

*Do not use spread or tub products.

3 tablespoons light corn syrup

1/4 teaspoon baking soda

4 cups Corn Chex® cereal

4 cups Rice Chex® cereal

1/4 cup semisweet chocolate chips

Cover cookie sheet with waxed paper.

Microwave brown sugar, margarine and corn syrup in large microwavable bowl uncovered on High 1 to 2 minutes, stirring after 1 minute, until margarine is melted. Stir in baking soda until dissolved. Stir in cereals. Microwave on High 3 minutes, stirring every minute. Spread on cookie sheet. Cool 10 minutes; break into bite-size pieces.

Microwave chocolate chips in small microwavable bowl on High 1 minute 30 seconds or until chocolate can be stirred smooth (bowl will be hot). Drizzle chocolate over snack. Refrigerate 30 minutes or until chocolate is set. Store in airtight container. 8 cups snack.

For pretzel or peanut lovers: Stir in 1 cup broken pretzels or 1/2 cup honey-roasted peanuts with the cereal.

1 serving (1/2 cup): 160 calories (45 calories from fat); 5 g fat (1 g saturated); 0 mg cholesterol; 200 mg sodium; 27 g carbohydrate (0 g dietary fiber); 1 g protein.

Breakfast Snack Mix Trail food

4 cups Cheerios[®] cereal

2 cups French Toast Crunch[®] cereal

**1 cup cinnamon-raisin bagel chips, broken
into bite-size pieces**

1/2 cup raisins

Stir together all ingredients in large bowl. Store in airtight container or individual bags.



Goorp fish

Trail food

Dry roasted peanuts

Dates

Raisins

Gold fish crackers

M & M's

Sesame nut mix

Sunflower seeds

Use your own judgment on how much of each ingredient to use. Combine all together and enjoy.



Goblin Good Gorp

Trail food

2 cup Peanuts

1 cup Bite-sized chocolate sandwich cookies

1 cup Candy corn

1/2 cup Goldfish crackers

1/2 cup Raisins

In large bowl, combine all ingredients. Store in covered container. Makes 5 cups.



A.M. Gorp

Trail food

1/2 cup round toasted oat cereal

1/2 cup bite-sized square wheat cereal

1/2 cup crunchy corn bran cereal

1 tablespoon dried banana chips

1 tablespoon dried cranberries

1 tablespoon raisins

Serves 1

Combine all in a small food storage bag.



Original CHEX Party Mix
make before trip

6 tablespoons margarine or butter*

**Do not use spread or tub products*

2 tablespoons Worcestershire sauce

3/4 teaspoons garlic powder

1 1/2 teaspoons seasoned salt

1/2 teaspoon onion powder

1 cup mixed nuts

1 cup pretzels

3 cups Corn Chex® cereal

3 cups Rice Chex® cereal

3 cups Wheat Chex® cereal

**1 cup garlic-flavor bite-size bagel chips or
regular-size bagel chips, broken into 1-inch
pieces**

Heat oven to 250°. Melt margarine in large
roasting pan in oven. Stir in seasonings.
Gradually stir in remaining ingredients until

evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. 12 cups snack.

Microwave Directions: Melt margarine in large microwavable bowl uncovered on High. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Important: Because microwaves cook differently, time is approximate.

1 serving(1/2 cup): 130 calories(60 calories from fat); 7 g fat(1.5g saturated); 0 mg cholesterol; 340 mg sodium; 16 g carbohydrate(1 g fiber); 2g protein.

Nuts and Bolts

Next time you need to nibble, whip up a batch of this crunchy classic cereal treat!

Prep Time: 10 min

Start to Finish: 1 hr 10 min

Makes: 15 servings (1/2 cup each)

4 cups Cheerios® cereal

2 cups pretzel sticks 1 cup nuts

1/4 cup butter or margarine, melted

1 tablespoon Worcestershire sauce

1 teaspoon paprika

1/2 teaspoon garlic salt

1. Heat oven to 275°F.
2. In ungreased 13x9-inch pan, mix cereal, pretzels and nuts. Stir together melted butter, Worcestershire sauce, paprika and garlic salt. Pour over cereal mixture, tossing until evenly coated.



Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

Cereal	Nuts	Fruit	Candy
Cheerio's	Peanuts	Raisins	M&M's
Chex 's	Mixed Nuts	Fruit Bits	Chocolate chips
Grape Nuts	Macadamia	Apple chips	Reese's Pieces
Granola	Sunflower kernels	Banana chips	Peanut Butter Chips
Wheat Thins	Almond slices	Pineapple	Butterscotch chips
Snack crackers	Corn Nuts	coconut	Carob chips
Pretzels		Dried cranberries	
Fish crackers		Dried cherries	

Why make your own Bars

It certainly is easy to go to the grocery store and buy a box of granola bars or power bars. The stores have a large selection to choose from.

But please look at the ingredient listed on the package and be honest. Can you pronounce all the ingredients; or know what they are? It is better to know your own ingredients. I feel that the scouts would benefit from making their own. Perhaps starting with Rice Krispie Treats and working their way up to more adventuresome tastes. Besides you can avoid any potential allergens; such as peanuts; if some of your troop has food allergies. Other allergens might include milk, cheese, cinnamon, etc. And the cost is usually lower, too.

Rice Krispies Treats *Kellogg's*
1939 by Malitta Jensen and Mildred
Day



6 cups Rice Krispies cereal
1 10 oz package marshmallows
vegetable cooking spray
1/4 cup margarine

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool.
yields ~24 treats.



Peanut Butter Treats Kellogg's
ONEPOT



**Original Rice Krispies Treat recipe
above ^ plus 1/4 cup peanut butter**

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**



Caramel Treats

*Kellogg's
ONEPOT*



**Original Rice Krispies Treat recipe above ^
plus 1/3 cup caramel ice cream topping**

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Choco Treats

*Kellogg's
ONEPOT*



**Original Rice Krispies Treat recipe
above ^ plus 1/3 cup mini chocolate chips**

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

NoSlowMor Power Bars

Dennis A. Schmitt

**Original Rice Krispies Treat recipe
plus 1/3 cup Mini chocolate chips
1/2 cup sunflower seeds,
1/2 cup peanut butter
optional : Raisins and M&M's**



add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 bars.**
Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

*Rice Krispies GORP Bars**Dennis Schmitt*

6 cups Rice Krispies cereal
vegetable cooking spray
Peanuts Raisins,
M&M's 1/2 cup sugar
3/4 cup light Karo Syrup
1 cup Peanut Butter



Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies, peanuts, M&M's, and raisins; and fold in until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Cheerios® and Trix® Treat Bars

Prep Time: 15 min

Start to Finish: 45 min

Makes: 15 bars

1/4 cup butter or margarine

4 cups miniature marshmallows or 1 bag (10 oz) regular marshmallows

3 cups Trix® cereal

3 cups Cheerios® cereal

1 cup salted peanuts

1. Spray 9-inch square pan with cooking spray; spray back of large spoon with cooking spray.
2. In 3-quart saucepan, melt butter over medium heat. Add marshmallows; cook until melted, stirring constantly. Remove from heat. Gently stir in cereals and peanuts.

3. Press in pan with back of sprayed spoon. Cool completely, about 30 minutes. For bars, cut into 3 rows by 5 rows; wrap individually in plastic wrap.

Variation:

Try Honey Nut Cheerios®, Frosted Cheerios® or Corn Chex® cereal.

***Obviously lots of variation on a theme.
Use your imagination and try your
favorite flavors.***

Berry Burst® Marshmallow Bars

The strawberries in the cereal add extra flavor to an easy-to-make bar.

Prep Time: 10 min

Start to Finish: 25 min

Makes: 24 bars

3 tablespoons butter or margarine

1 bag (10 1/2 oz) miniature marshmallows (6 cups)

7 cups Berry Burst Cheerios® strawberry cereal

1. Butter 13x9-inch pan.
2. In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2

minutes, stirring after every minute, until smooth.

3. Immediately stir in cereal until evenly coated. Using buttered back of spoon or hands, press mixture firmly in pan; cool. For bars, cut into 6 rows by 4 rows. Store loosely covered.

On the Stove: Butter 13x9-inch pan. In 3-quart saucepan, melt butter over low heat. Add marshmallows; stir until marshmallows are melted and mixture is smooth. Remove from heat. Immediately stir in cereal until evenly coated. Using buttered back of spoon or hands, press mixture firmly in pan; cool. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Caramel Crisp Bars

A chewy Cheerios® bar with a touch of chocolate.

Prep Time: 20 min

Start to Finish: 1 hr 20 min

Makes: 36 bars

6 cups Cheerios® cereal

1 bag (14 oz) caramels

3 tablespoons water

2 cups miniature marshmallows

1/4 cup miniature semisweet candy-coated chocolate candies for baking

Chocolate Glaze

1/4 cup semisweet or milk chocolate chips

2 teaspoons shortening

1. Butter 13x9-inch pan. Into large bowl, measure cereal. In medium microwavable bowl, microwave caramels and water uncovered on High 2 1/2 to 4 minutes, stirring

after each minute, until smooth. Pour over cereal; gently stir until well coated. Add marshmallows; gently stir. Press evenly in pan, using buttered back of spoon.

2. In small microwavable bowl, microwave glaze ingredients uncovered on Medium (50%) about 1 minute or until mixture can be stirred smooth; drizzle over bars.

3. Sprinkle bars with candies. Refrigerate about 1 hour or until bars are firm and glaze is set. For bars, cut into 9 rows by 4 rows. Store loosely covered.

On the Stove: Make as directed above--except in heavy 1-quart saucepan, heat caramels and water over low heat, stirring frequently, until smooth.

Peach-Cereal Bars

A peach of a bar for grab-and-go snacks or breakfast!

Prep Time: 10 min

Start to Finish: 40 min

Makes: 12 bars

3 tablespoons butter or margarine

1 bag (10 oz) large marshmallows

6 cups MultiGrain Cheerios® cereal

3/4 cup diced dried peaches

1 container (6 oz) Yoplait® Original 99%

Fat Free harvest peach yogurt

1. Butter 8-inch square (2-quart) glass baking dish. In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 minute 30 seconds, stirring after 1 minute, until smooth. Stir in cereal until coated. Press about

4 cups mixture firmly in pan. Spread yogurt over top.

2. Mix dried peaches and remaining cereal mixture (if cereal mixture has become firm, microwave uncovered on High 30 seconds to soften). Spread over top of yogurt; press firmly with dampened hands. Refrigerate until firm, about 30 minutes.

3. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

Make it Different

Try your favorite combinations of yogurt and diced dried fruit, such as apricot yogurt and dried apricots or raspberry yogurt and dried cranberries.

Apple Cinnamon Crisp Cheerios

Create a tasty apple crisp with an apple-crunch topping. After one taste, you'll want to make it again and again.

Prep Time:20 min

Start to Finish:55 min

Makes:9 servings



4 cups sliced red apples (3 to 4 medium)

1/2 cup quick-cooking or old-fashioned oats

1/4 cup packed brown sugar

3/4 teaspoon ground cinnamon

1/3 cup firm butter or margarine

2 cups Apple Cinnamon Cheerios® cereal

1. Heat oven to 350°F. Arrange apples in ungreased 8- or 9-inch square pan.

2. In medium bowl, stir together oats, brown sugar and cinnamon; cut in butter with pastry

blender or fork until crumbly. Stir in cereal; sprinkle over apples.

3. Bake uncovered 30 to 35 minutes or until golden brown. Serve warm. Cover and refrigerate any remaining crisp.

Jumbo Breakfast Cookies

From Cheerio Make before trip



- 1 1/4 cups sugar**
- 1/2 cup butter or margarine,* softened**
- 1/2 cup peanut butter**
- 1/4 cup water**
- 1 tablespoon vanilla**
- 1 egg**
- 1 1/2 cups Gold Medal® all-purpose or whole wheat flour**
- 1 cup old-fashioned or quick-cooking oats**
- 1 cup raisins**
- 1/2 teaspoon salt**
- 1/2 teaspoon baking soda**
- 4 cups Cheerios® cereal**

Directions

Heat oven to 375°. Stir together sugar, butter, peanut butter, water, vanilla and egg in large

bowl. Stir in remaining ingredients except cereal. Gently stir in cereal.

Drop dough by rounded 1/3 cupfuls, 4 inches apart onto ungreased large cookie sheet. Flatten dough to about 1 inch thick.

Bake 13 to 15 minutes or until golden brown. Let stand 5 minutes before removing from cookie sheet. Store loosely covered.

*If using spread, use only stick that has more than 65% vegetable oil.

High Altitude (3500-6500 ft): Increase bake time to 14-16 min.

Raisin-Peanut Treat Bars
from Cheerios make before trip

3 tablespoons margarine or butter (do not use spread or tub products)

1 bag (10 1/2 ounces) miniature marshmallows (6 cups)

5 cups Cheerios® cereal

1 cup raisins

1/2 cup dry-roasted peanuts

1. Butter rectangular pan, 13 x 9 x 2 inches.
2. Microwave margarine in large microwaveable bowl uncovered on High about 45 seconds or until melted. Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth.

Immediately stir in cereal, raisins and peanuts until evenly coated. Press in pan, using buttered back of spoon. Cool about 1 hour or until firm. For bars, cut into 6 rows by 4 rows.

Range-Top Directions: Make as directed--except heat margarine and marshmallows in 3-quart saucepan over low heat, stirring frequently, until melted. Remove from heat.

Candy Treat Bars: Omit raisins and peanuts. Stir in 1 cup candy-coated chocolate candies with the cereal.

Peanut Butter Treat Bars: Omit raisins and peanuts. Stir in 1/2 cup peanut butter just before stirring in cereal.

Taste Change: Try dried cranberries instead of raisins and chopped walnuts instead of peanuts.

*Honey Peanut Squares From Cheerios
make before trip*

1/2 cup sugar

1/2 cup honey or light corn syrup

1/2 cup peanut butter

3 cups Cheerios® cereal

1/2 cup salted peanuts

Butter square pan, 9 x 9 x 2 inches. Heat sugar and honey just to boiling in 3-quart saucepan over medium heat, stirring occasionally.

Remove from heat.

Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated.

Pat mixture evenly in pan, using buttered back of spoon. Cool 1 hour. For squares, cut into 6 rows by 6 rows.

Energy Balls
June/July 1994

The Leader,

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together **1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots.** Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz.

(Calories per serving: 72; shelf life: 14 days.)

You should wrap the individual balls in plastic wrap

Golden Crunch Balls
1979

Deanna DeLong,

A high-energy, slightly tart fruit snack.

1/2 cup dried apricots

1/2 teaspoon cinnamon

1/2 cup dried apples

3 tablespoons honey

1/2 cup dried peaches

3 tablespoons orange juice

1/2 cup finely grated unsweetened coconut

1 tablespoon lemon juice

1/4 cup blanched almonds

Powdered sugar, if desired

1 teaspoon grated lemon peel

Grind apricots, apples and peaches in meat grinder or blender until pieces are the size of rock salt or finer, about 1/8 inch in diameter. Place in a medium bowl. Stir in coconut, almonds, lemon peel and cinnamon. In a small

saucepan, slightly warm honey, orange juice and lemon juice. Stir to mix well. Slowly pour honey mixture over fruit mixture, stirring until mixture sticks together evenly. Form into small balls about 3/4 inch in diameter. Place on baking sheets. Dry at 120°F (50°C) until no longer sticky to touch, up to 6 hours on a dry day. If desired, roll balls in powdered sugar. Makes 48 balls.

Fruit Balls

Deanna DeLong, 1979

Make at home

These snacks are perfect for backpacking or lunch boxes.

1/4 cup dried apricots **1 cup**
dried dates
1/3 cup finely shredded coconut
1/2 cup dried cherries or figs **1/4 cup raisins**
1/3 cup sunflower seeds **1/2 cup dried**
prunes
1 cup finely chopped nuts
3 tablespoons lemon juice
2 to 3 tablespoons white corn syrup

In blender or food grinder, finely chop apricots, cherries or figs, dates, prunes and raisins. In a medium bowl, mix finely chopped dried fruit with coconut, sunflower seeds and nuts. Stir in lemon juice. Add white corn syrup gradually and mix well. Shape into 1-inch balls. Dry on screens in food dryer at 130°F (55°C) 4 to 6

hours until firm to touch. Wrap individually in plastic wrap and store in an airtight container in a cool dry place. Use within 2 to 3 weeks. Makes 36 balls.



Muesli Bars

made at Home

1/2 cup brown sugar

1/4 cup toasted chopped pecans

5 tbsp water

1/2 cup toasted chopped almonds

1 cup oatmeal

1/8 cup All Bran cereal

1/8 cup sesame seeds

3 tbsp honey

Grease 9x9 inch pan. Heat sugar and water in a large saucepan over med. heat until sugar is dissolved. Bring to boil, for 3 minutes, stirring constantly. Add remaining ingredients, mix thoroughly. Place in pan and pat down. Set aside to cool. Cut into about 20 bars. Wrap and store.

Microwave trail bars

V . Harris vharris@is2.dal.ca

2 cups rolled oats

1/2 cup melted butter

1/2 cup brown sugar

**enough syrup to coat oats (maple syrup,
corn syrup or even honey) ¼ cup**

This is a recipe without exact proportion. Just try it. Take about **2 cups rolled oats** and place them in a microwave-proof pan (like the kind you use for Rice Krispies) Add about **1/2 cup melted butter and 1/2 cup brown sugar** Add **enough syrup to coat oats (maple syrup, corn syrup or even honey have all worked well in the past)** Mix well and spread flat in the pan. Put in microwave until syrup starts to bubble. Let cool, then cut into squares. This recipe can be altered to taste and will change significantly when different syrups are used.

Some will come out very crunchy and some will be chewy. If cooked for too long, it can be broken up and eaten like gorp! Good luck!



Honey-Nut Cookie Bars

make before trip

Recipe By : "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

2 Eggs -- separated
2/3 Cup Honey
4 Tbsp Nonfat Dry Milk
1/4 Cup Whole-Wheat Flour
1/4 Tsp Coriander
1/4 Tsp Nutmeg
1 Tsp Baking Powder
**1 Cup Walnuts Or Almonds --
chopped**
3/4 Cup Sesame Seeds, Unhulled

1. Beat egg yolks and honey together.
2. Combine well the dry ingredients except nuts and seeds. Add to the honey mixture.
3. Add the nuts and seeds and mix well.

4. Beat egg whites until they hold stiff peaks, and fold into the dough.
5. Spread batter in oiled 9x13 inch baking pan. Bake for 25-30 minutes at 350 F in preheated oven.
6. Cool in pan and then cut into bars.

NOTES : A dense chewy cookie that offers a lot of food value and a not-so-sweet, nutty flavor.

Power Bars *make before trip*

Recipe By : "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

1/2 Cup	Honey Or Molasses
1/2 Cup	Peanut Butter
1 Cup	Dry Milk, Non-Instant
** Options **	

Chocolate Chips

Raisins Or Dried Fruit Bits

Coconut

Cashew Butter -- *

Almond Butter -- *

1. Knead all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well.
2. Shape into logs about 2-3 inches long and 1 inch in diameter.

3. Roll in powdered milk, confectioner's sugar or coconut.

Makes about 6.

* May be used in place of peanut butter.

Power Bars

Origin: Canadian

Living, June 1992. Shared by: Sharon Stevens

2 cup Whole wheat flour

1/2 cup Packed brown sugar

1/4 cup Skim milk powder

1/4 cup Wheat germ

1 ts Baking powder

1 1/2 cup Raisins or chopped dried apricots

1/2 cup Unsalted sunflower seeds

2 Eggs

1/2 cup Vegetable oil

1/2 cup Molasses

1/3 cup Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9

inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely. Cut into 24 bars. Bars can be stored in air tight container for up to 5 days.



TASTY ENERGY BARS

*eronkowski@hotmail.com prosecutor
make before trip*

Mix the following dry ingredients thoroughly:

1 1/4 cup instant one minute oats

1 cup dried banana chips, chopped fine

1 cup dried apples, or apricots, diced

1/4 cup baking raisins

1 1/4 cup chopped walnuts

1 cup flour

3/4 cup brown sugar, firmly packed

1/2 teaspoon salt

1/4 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

Mix the following liquid ingredients

thoroughly:

1/4 cup light corn oil

3/4 cups pure maple syrup, grade b is best

1/4 cup canola oil

Mix the dry ingredients together first, then mix in the liquid ingredients. Preheat an oven to 350 degrees. Spray a 9" by 13" metal cooking pan with PAM. Spread and press this thick mixture into the pan. Cook 30 minutes. Cool completely at least an hour. Cut into bars.

Freeze the bars in sandwich sized baggies for your lunch or snack. If you cut the pan into 4 large bars, each bar will have 1,044 calories. If you cut the pan into 6 bars, each bar will have 696 calories.

Here is my favorite recipe for home made '*power bars*'. They always keep me 'powered up' on the trail. **PAPPA**

Enjoy.

1 cup whole wheat flour

3/4 cup all-purpose flour

2/3 cup packed brown sugar

**1/2 cup each: chopped dried apricots,
prunes, chopped nuts, raisins and chocolate
chips**

1/4 cup natural wheat bran or oat bran

1 tsp. baking powder

1/2 tsp. cinnamon

1/2 tsp. salt

1/4 tsp. nutmeg

1/4 tsp. baking soda

1 apple, grated

3/4 cup plain low-fat yogurt

1/4 cup vegetable oil

2 eggs

In bowl, mix whole wheat and all-purpose flours, sugar, apricots, nuts, choc chips, prunes, raisins, bran, baking powder, cinnamon, salt, nutmeg, baking soda and apple; set aside.

Whisk together yogurt, oil and eggs; stir into dry ingredients just until combined. Spread in greased 9 inch square cake pan.

Bake in 350 F oven for 35 to 40 minutes or until tester inserted in center comes out clean. Let cool on rack; cut into bars.

Maple Pecan Oatmeal Bars

**3/4 cup (1 1/2 sticks) butter or margarine
(not diet or light)**

**2 1/4 cups quick or old-fashioned uncooked
oats**

1 1/2 cups firmly packed brown sugar

2 cups all-purpose flour

3/4 cup shredded coconut (optional)

1/4 teaspoon salt (optional)

1/3 cup maple-flavored pancake syrup

1 egg, lightly beaten

1 teaspoon vanilla Topping (recipe follows)

1 teaspoon baking soda

Heat oven to 350 degrees. Lightly spray a 13-by-9-by-2-inch baking pan with vegetable oil cooking spray. Melt butter; set aside to cool.

Combine oats, flour, brown sugar, coconut, soda and salt in large bowl; mix well. Combine melted butter, syrup, egg and vanilla in small

bowl; mix well. Add to oat mixture; mix well (dough will be stiff). Press dough evenly onto bottom of pan. Add Topping as described below.

Topping

1 1/2 cups chopped pecans (about 6 ounces)

1/4 cup firmly packed brown sugar

1/3 cup maple-flavored pancake syrup

Combine pecans and sugar in small bowl. Sprinkle evenly over dough; press down lightly. Drizzle syrup evenly over pecans. Bake 35 to 38 minutes or until edges are set but middle is soft. Do not overbake. Cool completely in pan on wire rack. Cut into bars. Store tightly covered.

Makes 32 bars, each: 190 calories, 8 grams fat (70 calories from fat), 27 grams carbohydrates, 2 grams protein, 20 milligrams cholesterol, 85 milligrams sodium.

California Chocolate Bars by
Hershey's *so it must be good.*

6 tablespoons butter or margarine, softened

1/2 cup granulated sugar

1/4 cup packed light brown sugar

1 egg

1 teaspoon freshly grated orange peel

1 teaspoon vanilla extract

1 cup all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup chopped dried apricots

1/2 cup coarsely chopped walnuts

1 cup HERSHEY'S MINI KISSES Brand

Milk Chocolates

MILK CHOCOLATE GLAZE(recipe follows)

1. Heat oven to 350 F.

2. Grease 9-inch square baking pan.

3. Beat butter, granulated sugar, brown sugar and egg in large bowl until fluffy. Add orange

peel and vanilla; beat until blended. Stir together flour, baking soda and salt; add to butter mixture. Stir in apricots, walnuts and chocolates; spread into prepared pan.

4. Bake 25 to 30 minutes or until lightly browned and bars begin to pull away from sides of pan. Cool completely in pan on wire rack. Prepare MILK CHOCOLATE GLAZE; drizzle over top. Allow to set; cut into bars. About 16 bars. Wrap in plastic wrap for camping.

MILK CHOCOLATE GLAZE: Place 1/4 cup HERSHEY'S MINI KISSES Brand Milk Chocolates and 3/4 teaspoon shortening (do not use butter, margarine, spread or oil) in small microwave-safe bowl. Microwave at HIGH (100%) 45 seconds or until chocolates are melted and mixture is smooth when stirred.

Chocolate Chip Fruit and Nut Bars

by Hershey's *make before trip*

**1/2 cup (1 stick) butter or margarine,
softened**

3/4 cup packed light brown sugar

1 egg

1/2 teaspoon vanilla extract

1-1/4 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

**VANILLA BUTTER FILLING (recipe
follows)**

**1/2 cup chopped candied red or green
maraschino cherries**

1/4 cup chopped dried apricots

1/4 cup raisins

**3/4 cup HERSHEY'S Semi-Sweet Chocolate
Chips**

1/2 cup coarsely chopped nuts



Directions:

1. Heat oven to 350°F.
2. Lightly grease 13 x 9 x 2-inch baking pan.
3. Beat butter, brown sugar, egg and vanilla in large bowl until creamy. Stir together flour, baking soda and salt; gradually add to butter mixture, beating until blended. Spread evenly into prepared pan.
4. Bake 12 to 15 minutes or until lightly browned; remove from oven. Do not turn oven off. Cool crust about 5 minutes.
5. Meanwhile, prepare **VANILLA BUTTER FILLING**; spread evenly over crust. Sprinkle cherries, apricots, raisins, chocolate chips and nuts over top. Return to oven. Bake 15 minutes or until center is set. Cool completely in pan on wire rack. Cut into bars. About 36 bars.

VANILLA BUTTER FILLING

2 tablespoons sugar

2 tablespoons milk

1 tablespoon butter or margarine melted

1 egg

1/2 teaspoon vanilla extract

1/3 cup all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

Beat sugar, milk, butter, egg and vanilla in small bowl until smooth. Add flour, baking soda and salt; beat until well blended. About 2/3 cup filling.

Chocolate Cranberry Bars



2 cups vanilla wafer crumbs

1/2 cup HERSHEY'S Cocoa

3 tablespoons sugar

2/3 cup cold butter, cut into pieces

1 can (14 oz.) sweetened condensed milk (not evaporated milk)

1 cup REESE'S Peanut Butter Chips

1-1/3 cups (6 oz. pkg.) sweetened dried cranberries OR 1-1/3 cups raisins

1 cup coarsely chopped walnuts

Directions:

1. Heat oven to 350°F.
2. Stir together crumbs, cocoa and sugar in medium bowl; cut in butter until crumbly. Press mixture evenly on bottom and 1/2-inch up sides of 13x9x2-inch baking pan. Pour sweetened condensed milk evenly over crumb mixture; sprinkle evenly with peanut butter

chips and dried cranberries. Sprinkle nuts on top; press down firmly.

3. Bake 25 to 30 minutes or until lightly browned. Cool completely in pan on wire rack. Cover with foil; let stand several hours. Cut into bars. About 36 bars.



Crunchy Granola Bar Dian Thomas

1/2 cup crunchy peanut butter

2 T. honey

1 tsp. lemon juice

Stir together and warm in large double boiler

1 1/4 cups granola with dates

Add to mixture. Press into a lightly greased 8x8 inch pan. cut into squares after drying until firm in dryer or low oven (120 F) with door open.

Peanutty Cranberry Bars Hershey's

**1/2 cup (1 stick) butter or margarine,
softened**

1/2 cup granulated sugar

1/4 cup packed light brown sugar

1 cup all-purpose flour

1 cup quick-cooking rolled oats

1/4 teaspoon baking soda

1/4 teaspoon salt

1 cup REESE'S Peanut Butter Chips

1-1/2 cups fresh or frozen whole cranberries

2/3 cup light corn syrup

1/2 cup water

1 teaspoon vanilla extract

1. Heat oven to 350°F. Grease 8-inch square baking pan.

2. Beat butter, granulated sugar and brown sugar in medium bowl until fluffy. Stir together flour, oats, baking soda and salt; gradually add

to butter mixture, mixing until mixture is consistency of coarse crumbs. Stir in peanut butter chips.

3. Reserve 1-1/2 cups mixture for crumb topping. Firmly press remaining mixture evenly into prepared pan. Bake 15 minutes or until set. Meanwhile, in medium saucepan, combine cranberries, corn syrup and water. Cook over medium heat, stirring occasionally, until mixture boils. Reduce heat; simmer 15 minutes, stirring occasionally. Remove from heat. Stir in vanilla. Spread evenly over baked layer. Sprinkle reserved 1-1/2 cups crumbs evenly over top.

4. Return to oven. Bake 15 to 20 minutes or until set. Cool completely in pan on wire rack. Cut into bars. About 16 bars.

Chewy Fruit & Oatmeal Bars

From Quaker Oats



Ingredients

3/4 cup firmly packed brown sugar

1/2 cup granulated sugar

One 8-ounce container vanilla or plain low-fat yogurt

2 egg whites, lightly beaten

2 Tbsp. vegetable oil

2 Tbsp. skim milk 2 tsp. vanilla

1-1/2 cups all-purpose flour

1 tsp. baking soda

1 tsp. ground cinnamon

1/2 tsp. salt (optional)

3 cups Quaker® Oats (quick or old fashioned, uncooked)

1 cup diced dried mixed fruit, raisins, or dried cranberries

Preparation Steps

Heat oven to 350°F. In large bowl, combine

sugars, yogurt, egg whites, oil, milk, and vanilla; mix well. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well. Add to yogurt mixture; mix well. Stir in oats and fruit.

Spread dough onto bottom of ungreased 13x9-inch baking pan.

Bake 28 to 32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars. Store tightly covered.

Each bar contains .5g oat soluble fiber.

Recipe Yield:

2 dozen bars Serving Size:

1 bar Nutrition Information: Calories: 145, Calories from Fat: 20, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrates: 43g, Dietary Fiber: 2g, Protein: 3g

Snack Bar Recipe
At Home

Neil

This is a snack bar recipe that appeals to everyone who likes chocolate and / or peanuts. Melt together in the microwave:

1 cup corn syrup

3/4 cup peanut butter

1 1/2 cups chocolate chips

Stir in:

1 tsp vanilla

2 cups chopped peanuts

Turn into 8x12 pan, spread evenly and chill for an hour or so. Now cut into bars and enjoy.

Happy trails

SURVIVAL BAR

Harriett Barker make before trip

This recipe contains 1,000 calories-enough survival food for one day. It may be consumed dry, or cooked with water. Add cut-up dried fruit and nuts for variety.

Combine in a large bowl:

3 cups quick-cooking oatmeal

2-1/2 cups dry milk

1 cup brown sugar

In a small pan, bring to a boil:

1 tbsps. honey

1 tbsps. water

Add: 1/2 pkg. (3 oz. size) lemon gelatin

Dissolve the gelatin in the hot honey water.

Combine with the dry ingredients, mixing well.

Add more warm water, a little at a time, till the

mixture is moist enough to mold. Pack into a greased foil-lined pan, and place in the oven turned to the lowest setting. If it is over 250 degrees leave the door open a few inches. When dry, cut or break into 2" pieces. Wrap in foil and store in the freezer.

Homemade Power Gel rec.backcountry

Mix **1 cup of corn syrup** with **1-2 teaspoons of a flavoring extract** (bottled food flavorings found in the baking section of the grocery store). I like orange. Unsweetened Kool-Aid

can also be used. If you are going to be doing high-stress activities, I've received suggestions to grind up a



potassium supplement and mix with the syrup (or just take it with water). Also, it's been suggested to add a dash of salt. Most corn syrup already has salt in it.

The reusable squeeze tubes you can get at most sporting goods stores works well to store about a cup. Use small flip-top bottles when you want to carry less.

A tablespoon (mouth-full) gives you about 70 calories of real quick energy but beware that your body will use this up real quick. This is no long-term substitute for real food.

If you like to experiment, try adding small amounts of rice flour, honey, canola (vegetable) oil etc.



Homemade Power Gel 2

From: Jeff Lewis

That sounds awfully sweet. What I do is boil up about **2 cups of white rice**, adding **water** until it is really mushy. Then I pour about a **cup of rice milk** (or just water) into a blender and hit 'puree'. Then add the rice about a tablespoon at a time, quite slowly. Give each spoon about 30 sec before you add the next. After a while, you'll have a very thick gel consistency that is packed with complex carbs. Be patient and let the blender do its job, or else you will have some lumps. I add a bit of **vanilla extract** for flavor, and **fructose** to taste (otherwise it is really bland). A big water bottle of this stuff will keep me going for over two hours on my road bike.

FRUIT LOGS

**Dried fruits.. . any or all: Apples, prunes, figs, apricots, peaches, pears, raisins, dates.
Nuts ... your choice, kind and amount.
Dry cereal ... Wheat Chex, Krumbles, Shredded Wheat (choose one).
Shredded coconut Wheat germ
Brown sugar**

Put all ingredients through the fine blade of a food grinder three times. Shape and roll in crumbs made by putting oatmeal or sugar cookies in a blender with sugar and cinnamon. Or use crushed graham crackers. Make each roll about as big as your thumb and three inches long.

Wrap individually in foil and store in a tightly sealed plastic bag.

Variation: Roll in a crushed Granola-type cereal.

DRY FRUIT MIX-UP

Put through a food grinder three times:

One pound each of the following:

Pitted dates,

pitted prunes,

seedless raisins,

shelled nuts.

Shape into individual rolls, wrap in foil and store in freezer or refrigerator until used.

QUICK ENERGY LOGS

1/4 cup dry roasted cashews

1 cup walnuts

1/2 cup figs

1/2 cup pitted dates

1/2 cup raisins

1/2 cup chopped dry apples

1/2 tsp. lemon juice

1/2 cup flaked coconut

Put nuts and fruits through the food grinder two times. Add lemon juice and mix. Roll into small logs. Roll in coconut and let stand several hours to "dry". Wrap individually in foil and store in refrigerator until ready to use.

TRAIL BARS

Put through fine blade of food grinder:

1/2 lb. pitted dates

1 cup peeled, cored and sliced apples (or use dry ones)

1 cup seedless raisins

Combine and add to fruit:

2 cups crushed vanilla cookies

1 1/2 cups chopped nuts

1 cup powdered sugar

1 cup granulated sugar

Add:

1/4 cup honey

1/2 tsp. vanilla

Water if necessary

Knead and work with hands to mix well. Press into foil lined pan. Allow to "dry" for a few hours, and then cut into bars after lifting from the pan by the edges of the foil. Roll in brown

sugar and wrap individually in foil or plastic wrap. Store in refrigerator until ready to use.



DRIED FRUIT BARS

Apricots OR prunes, cut up to make one cup.

Pour 3 tbsps. melted margarine over chopped fruit.

Combine:

3/4 cup flour

1/2 tsp. salt

1 tsp. baking powder

Add:

2 eggs, well beaten 1 cup brown sugar

Cream together well, and then add the chopped fruit. Line an 8" x 8" pan with foil and grease and flour it. Pour mixture into pan and spread evenly. Bake at 325 degrees for 30-35 min. Lift by edges of foil and cool on a rack before cutting into squares. Sprinkle with powdered sugar.

OUTER SPACE STICKS

Betty Warner - Santa Barbara, Calif.



1/2 cup peanut butter, chunky or smooth

1/2 cup powdered milk

1/3 cup corn syrup or honey

1 envelope unflavored gelatin

1 tbsps. wheat germ

Pinch of salt

Combine in order listed. Roll into individual logs and wrap in foil.

No need to refrigerate. (Makes 2 doz.)

PE-CO CANDY



(No Cooking)

Combine **1 cup peanut butter** with **2 cups dry milk**. Add about **1/2 cup honey**, a little at a time, until mixture sticks together well. Shape into small balls, roll in **powdered sugar** or **fine cookie crumbs**. **Coconut flakes, chopped nuts or wheat germ** also can be used. Place on waxed paper to dry and get firm.

Turquoise's Granola Bars

Home

Recipe By : turquoise

Serving Size : 18 bars Preparation Time :
0:30

4 1/2 cups rolled oats

1 cup all-purpose flour

1 tsp baking soda

1 tsp vanilla extract

2/3 cup butter – softened

1/2 cup honey

1/3 cup brown sugar – packed

2 cups miniature semisweet chocolate chips

Directions

- 1) Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan.
- 2) In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips, raisins, nuts etc.

3) Lightly press mixture into the prepared pan. Bake at 325 degrees F (165 degrees C) for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Let bars cool completely in pan before removing or serving.

What the Bars?



3 cup granola

1/2 cup wheat germ

1/2 cup coconut 1/2 cup sunflower seeds

1/2 cup sesame seeds

3/4 cup walnuts 1/2 cup peanut butter

2 6-oz packages chocolate chips

1/2 cup milk

In a blender, food processor or food grinder, grind granola. Add wheat germ. Then, grind seeds, walnuts, and coconut separately. Mix with first mixture. In a medium saucepan, melt peanut butter, milk, and chocolate chips over low heat. Stir in granola mixture and mix well. Pat into greased 13x9x5-inch pan. Cool and cut into 1-1/2" bars. Makes about 4 dozen.

Corp Squares

The Well Fed Backpacker

**12 oz chocolate chips 6 oz butterscotch
chips**

1 cup uncooked quick oatmeal

1/2 cup each:

honey

chopped dates or prunes

golden raisins

broken cashews

shredded coconut

walnuts or almonds or peanuts

toasted wheat germ

Melt chips in a double boiler; blend in honey. Pour over remaining ingredients in a large bowl. Mix well; pour into a greased 9 X 14 inch pan. When partly cool, cut into squares. I wrap the squares in Saran Wrap and store in the freezer and take them out as I use them. I

vary the recipe to include what I like and leave out what I don't -- it's very flexible.

These are very rich. I find that a 2" X 2" square can last an entire afternoon but even a bite can give you a much needed energy boost. They taste better than the store bought stuff to boot.

There are other recipes in the book as well. I have found it to be a very useful book - well worth the cost.

"Mrs B's Biker Bars"



:Dry Ingredients:

1 cup dark brown sugar

2 cups flour 3 cups rolled oats

1/3-cup wheat germ

1 cup raisins, dark and/or golden

1 cup chopped pecans

1/2-cup sunflower seeds

1 cup cranberries or chopped dates

1 to 3 tablespoons cinnamon

1 teaspoon baking powder (optional)

1 cup figs or apricots, chopped (you can use cutting shears)

:Wet Ingredients:

3 egg whites

3/4-cup canola or veg. oil

1/2-cup skim milk

Mix dry ingredients in a large bowl. Next mix wet ingredients in a small bowl. Now add the wet ingredients to the dry ingredients. Toss and mix well, with two wooden spoons. Pour into a 9x13 pan. Press down with palms of hands and make smooth. Bake at 375 degrees for 25 minutes. Cool on rack and then cut into squares. Individually wrap with saran wrap; place in airtight container and place in freezer. Take one/two out when heading out for a ride.

Adapted from Dr. Mitchell's cookie recipe

Energy Bar Alternative

Conrad Erb

Although not fitting totally into the energy bar category, I have found made-'em-yourself cereal bars to be really good and MUCH tastier than anything else that I have tried.



Here's the quick recipe part.

2 cups of crushed corn flakes (or whatever cereal is uniform (no chunks) and crushes well)

1/4 honey

1/4 maple syrup

1 tablespoon vanilla

1/4 chopped nuts (peanuts are your best bet)

2 tablespoons of oil

Put oil, honey and MS into a pan and heat slowly. Mix cereal and nuts into a bowl and

when mixed, add hot syrup mixture. Toss until all the cereal is coated. Lay it all in 6x9 pan or whatever you use (the mixture expands a little bit while cooking) and fire it in the oven @ 350 F for 15 minutes. Cool and cut. Makes a sweet treat.

Seven Summits Bars

From COOKING THE ONE BURNER WAY

1/2 stick butter

1 cup graham cracker crumbs

1 cups shredded coconut

2 cups mixed chocolate and butterscotch chips

1 can sweet condensed milk (minus the can)

3/4 cups oatmeal

1 cup chopped walnuts



Layer in a 9-by-13-inch pan in the order listed and bake at 350 degrees F for 20 minutes. Cool thoroughly, cut into bars and freeze until ready to use.

Cheese Bombs

From THE NOLS COOKERY

1/2 cups flour

1/4 cups powdered egg

1/2 to 1 Tbs. chicken or beef base

1/4 cups Bisquick or other baking mix

Cheddar or jack cheese

**Seasoning mix of garlic powder, cayenne,
and chili powder to taste**



Mix all ingredients except cheese. Add water until mixture is thicker than pancake batter, but thinner than biscuit dough. Cut cheese into 1-inch squares about a half-inch thick. Dip in batter. Fry quickly on both sides in hot oil. Serves 4.

*Polly's Power Bars**Polly (pekin84@bright.net)*

I love chocolate Power Bars but hate the cost too. I wanted something to use on my long runs, studied the PB ingredients and came up with this. It makes a lot.

2 cup brown rice, ground in blender

2 cup oats, ground in blender

2 cup dry milk

1 cup wheat germ

1 cup white flour

1 cup crunchy peanut butter

1/2 cup cocoa

1 cup chocolate protein powder

1 cup honey

a little salt

1/2 cup sugar

3/4 cup oil

Enough water to make it workable. Mix it all up, let sit a few minutes and it will be easier to work with. Form into logs, pat onto cookie sheet, bake at 350 till done, about 25 min. or so.



Chocolate Goo

*Diane Murphy
At Home*

2 Milky Way Bars

3 oz butter / margarine

3 cups Rice Crispy cereal

1 tablespoon golden syrup / Kerro syrup

chocolate to melt on the top

1. put Milky Way's, butter, syrup in microwave dish and melt on low heat or defrost 3 minutes. Stir and continue until butter and chocolate are melted.
2. When melted, add 3 cups of Rice Crispy and mix well.
3. Place in greased pan and press down well.
4. Melt chocolate and pour on top. Put into fridge to set. When set cut into squares and store in a fancy candy tin. Or wrap for the trail.

Do the Jerk



Recipes using dried meats or Jerky

Beef & Potatoes soup- backpacker style



- 5 strips jerky, shredded**
- 1 3/4 cups instant mashed potato flakes**
- 1 1/2 cups dry milk**
- 2 tablespoons instant chicken bullion**
- 2 teaspoons dried minced onion**
- 1 teaspoon dried parsley**
- 1/4 teaspoons ground white pepper**
- 1/4 teaspoons dried thyme**
- 1/8 teaspoons turmeric**
- 1-1/2 teaspoons seasoning salt**

Combine all ingredients in a bowl and mix well. Store in air tight containers. Makes 6 servings.

To serve:

Place 1/2 cup mix in soup bowl and add 1 cup boiling water. Stir until smooth.

well suited for FBC

Jerky Quinoa Pilaf

Serving Size : 4 Preparation Time :0:40

6 strips of Jerky, shredded, or 1/2 cup

2 cup quinoa

1 1/2 tablespoons extra virgin olive oil

1 med onion -- chopped

2 cloves garlic -- minced

1/4 cup pine nuts

2 red bell peppers -- diced

1 med sweet potato -- cubed

1/4 cup golden raisins

4 cups venerable broth

ground black pepper

Rinse quinoa with cold water and drain well.

Heat oil in a large non-stick frying pan. Add onion, garlic, pine nuts and peppers and cook over medium heat until lightly browned, about 5 minutes. Add potato, raisins and quinoa and

cook for 1 minute.



Stir in broth and black pepper; bring to a boil.

Reduce heat to low, cover and simmer until liquid is absorbed and quinoa is tender, 15 to 20 min. Fluff quinoa mixture with a fork and serve at once. Serves 4. Makes 11 cups.

Cut recipe in half or 1/4 to have smaller portions.

Jerky Stew

Source: "The Frugal Gourmet Cooks American" by Jeff Smith.

1 lb Jerky, beef or buffalo

**1 cup Whole dried hominy, soaked overnight
in ample water**

1 large Yellow onion, peeled/chopped

1 lb Potatoes, unpeeled/diced

Salt and pepper to taste

Break the jerky up into 1-inch pieces and place in a heavy, lidded kettle. Drain the hominy and add to the jerky, along with the onion. Cover with water and bring to a boil. Simmer, covered, until the hominy is tender, about 2 hours. You will have to watch this closely, as more water will have to be added as you go along. Add the potatoes and cook for an additional 20 minutes. Season:salt and pepper.

Jerky Stew ***Mary Bell's***
Complete Dehydrator Cookbook by
Mary Bell



This stew of beef jerky, tomatoes, potatoes, and other vegetables is completely made with dehydrated ingredients, except for the optional fresh carrot. The stew is served over cooked rice. Dried foods are light and easier to carry so, this is a perfect recipe for hikers or campers.

Prep Time: 10 minutes

Cook Time: 1 hour, 30 minutes

4 cups water

1 cup dried tomato pieces (about 20 slices)

1 cup beef jerky pieces (in 1/2-inch chunks)

1 cup dried peeled potato slices

1 Tablespoon dried bell pepper pieces

1 Tablespoon dried onion pieces

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

1/2 teaspoon dried garlic

Salt and pepper to taste

1 fresh carrot, sliced (optional)

1 cup cooked and dried short-grain rice

In a large saucepan, combine 3 cups of the water, tomatoes, beef jerky, potatoes, bell pepper, onion, basil, oregano, garlic, salt, and pepper. Let sit for 30 minutes to rehydrate.

Place pan over medium heat and bring to a boil. Add carrot, if using. Simmer for 30 minutes to an hour, until jerky is tender.

Meanwhile, combine rice with remaining water and bring to a boil. Remove from heat, cover, and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender, about 15 to 30 minutes.

Serve hot stew over cooked rice.

Yield: 2 to 4 servings

Dehydrated pot roast

Have cooked a roast (beef) taken any left over amount and shredded the meat and dehydrate. This it will rehydrate to tender beef with a hour soak in boiling water. Cook in some hot liquid for a soup or stew.

Jerky recipe

<http://www.foodnetwork.com/recipes/alton-brown/beef-jerky-recipe.html>

*Fruit Pemmican***1 cup dried apricots****1 cup dried raisins****1 cup dried apples****1 cup walnuts****1 cup coconut shredded****1/2 cup dates, pitted****1/2 cup margarine****1 cup peanuts****1/2 cup honey****powdered sugar****or toasted sesame seeds**

Put all of the fruit and nuts in a large bowl and mix well. Put through a meat grinder one time. Mix in the margarine and the honey and grind once more. Form the mixture into a 1" log by rolling out on waxed paper. Cut into 2" lengths and roll these pieces in powdered sugar or toasted sesame seeds. Store in sealed plastic bags in the refrigerator or freezer until ready to take on a trip. Note: Alternatively this mixture

may be pressed and packed down solidly into a shallow, buttered pan, then cut into bars 2 x 1".

<http://208.218.3.161/DisneyChannel/BugJuice/Activities/AdventureBound/food.html>



Saskatoon Pemmican

1 cup Jerky; beef or venison

1 cup Dried Saskatoon berries or dried blueberries

2 ts Honey

1 cup Unroasted sunflower seeds or crushed nuts of any kind

1/4 cup Peanut butter

1/2 ts Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

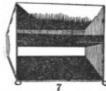
Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled,

store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

From: *Edible Wild Fruits and Nuts of Canada*, published by the National Museums of Canada, ISBN 0-660-00128-4

UTENSILS.

25



1. Coffee Boiler.
2. Miner's Coffee Pot.
3. Percolator.
4. Miner's Cup.
5. Baker.
6. Water Bucket.
7. Roaster.
8. Frying Pan.

"Western" Pemmican vegan

Offered by Tall Mountain & Summerwolf
...which was handed down from family & friends

2 cups raisins 2 cups dates
Honey (enough for a binder)
2 cups nuts (peanuts, cashews, walnuts, etc.)

Grind together all ingredients except honey.
Add honey a little at a time, mixing well until moist enough to mold well and hold shape.
Pour into a pan until about 3/4 inch thick, or mold directly into bars. Refrigerate and cut off bars from the pan; wrap in aluminum foil.
Note: This was originally a cold climate trail food which was very high in fat (suet). The recipe substitutes honey instead of suet for a binder. However, suet can be substituted for a cold weather trip.

<http://www.dcs-hico.com/~wcedar/Cooking.html>

Pemmican

**2 pounds Dried Buffalo, or Deer
1 quart choke cherry, Elderberry,
blackberry, or other fruits.**

Add meat drippings to bind the mixture.

The buffalo strips that have been dried in front of the fire can be beaten until they are like a corn meal. This buffalo meal is then combined with choke cherry, elderberry, blackberry, or other fruits, and meat drippings to bind the mixture. The meat may be any type, and can be dried in a common dehydrator.

Microwave Beef Jerky Nabisco foods**1 lb. flank steak****2 T. soy sauce****1 T. seasoned salt****1/4 tsp. ground red pepper****2 T. Wright's Natural Hickory seasoning**

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours. Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week.

Watch the last few minutes...

Car camping suggestions

Car camping allows greater use of fresh foods. You can have elaborate kitchens and expanded menus. It is a



great time for scouts to try varieties of cooking styles and techniques. Propane or charcoal. It is still cooking. Try out those backpacking meals before you are 20 miles from the store. The grocery is a good place to buy for the trail. You just have to imagine the food without the package. Get curious and browse through your nearby supermarket. That TRAIL PACK of pancake mix is still only pancake mix.

Suggested Breakfast items

Breakfast Bars, Granola Bars

Pop Tarts

Canned juice / Dry juice mixes

Pancake Mix

Granola Mix (see recipe)

Powdered Milk

Melba Toast

Bakery Goods

English Muffins w/ butter & Jam

Fresh fruit - oranges - grapefruit Apples

Hard boiled eggs (done in advance)

Milk gravy on pancakes

Hot Chocolate

Instant Oatmeal (add raisins, brown sugar)

Instant Grits

Sausage and bacon

Orange juice

Suggested Lunch Items

Dried fruit

Fresh fruit

Triscuit/Wheat thins/ crackers/ pilot biscuits
cheese

cheese squeeze

Hard Boiled eggs (done in advance)

Raw Carrots / Broccoli / Cauliflower

Peanut Butter

Salami Sausage

Meat sticks Beef Jerky

Canned chicken / SPAM / Tuna

Spreadables (ready-made tuna and chicken
salad)

Canned turkey / ham spreads

Chocolate bars

Chewy brownies or cookies

Drink Mix

*Cheesy Chili Success Success Rice
Kettle*

1 bag Success Rice
1 can Hormel Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato.

Serves 4

Cheesers

Troop 928

Skillet

tortillas

Monterey Jack cheese

Salsa

Heat a tortilla in skillet; place cheese and salsa on top. Place another tortilla on top, flip and heat until cheese is melted. Cut in 4's and eat as you make the next one.

Quick snack while waiting for the Dutch oven to cook.

MAC & STUFF

***Stove Top
Skillet & Kettle***

1 box Macaroni and Cheese

4 hot dogs. sliced

1 1/4 cups water

2 T. margarine

2 cups Stove Top chicken flavor Stuffing Mix

1 cup thawed frozen peas or canned

Prepare Mac and cheese dinner as directed on box. Meanwhile bring water, peas, hot dogs, and margarine to boil in large saucepan. Stir in stuffing mix, cover, remove from heat, stand 5 minutes. Stir stuffing mixture into macaroni and cheese dinner. Serves 6.

Spicy Chicken Wings *Nikki Schmitt*
Mixing Bowl & Grill

Marinade

16-24 chicken wings

1/2 cup tomato sauce

2 T. herb vinegar

1/4 cup vegetable. oil

1 tsp. garlic powder or minced garlic

1 tsp. Tabasco **

1 tsp. celery seed or celery salt

1/2 cup brown sugar

6 peppercorns or 1 tsp. pepper (black or white)

1/2 tsp. chili powder

Combine marinade ingredients and bring to boil; let cool.. Cut the wings at the joints for finger eating Submerge the chicken wings in marinade in a zip-lock bag and refrigerate or cool in the ice box for 3 hr. Preheat broiler or start the charcoal. You need 30-40 minutes for charcoal. Arrange wings on broiler or grill. Brush with marinade and broil 4-10 minutes on each side, or until crispy. Check broiler or grill often.

****** vary amount to your taste.



Chicken Oriental

Troop 421

2 Saucepan

4 to 5 boneless chicken breasts

1 pkg mixed stir fry vegetables

1 can cream of chicken soup



Boil chicken breasts 20 minutes. Set aside. Coat saucepan with cooking spray then cook vegetables, stirring often. Cut chicken into chunks and add to vegetables. Add can of soup and 1/2 can of water, bring to boil, let cool and serve to 4.

Nachos

*Campbell Soup
Saucepan*

**1 can (10.75 oz) Campbell's Condensed
Cheddar Cheese Soup**

1/2 cup Salsa

1 Chopped Tomato

Sliced green onions

slices pitted ripe olives

1 bag tortilla chips

Chopped green or sweet red pepper

1. In 1 1/2 quart saucepan, combine soup and salsa. Over low heat, heat through, stir often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and peppers.
3. Add ground beef or chili.

Aztec Toothpicks In a thousand places.
Skillet

tortillas

cream cheese

brown sugar

cinnamon

Heat a white flour tortilla in a skillet; spread cream cheese on tortilla; sprinkle on brown sugar;
sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

Dave's Chili

Wendy's dad

Skillet & kettle

2 lb. ground beef

1 ½ teaspoons garlic powder

1 (29 oz) can tomato puree

¼ cup diced green bell pepper

1/8 teaspoon cayenne pepper

2 teaspoons cumin 1 quart tomato juice

1teaspoon salt

¼ cup chili powder

1 (15 oz) can red beans

1 med. Onion chopped

½ cup diced celery

½ teaspoon black Pepper, oregano, sugar



Brown beef in skillet, drain, then add all the rest into a 6 quart pot, cover and simmer 1 to 1 1/2 hours stirring every 15 minutes.
makes 16 (1 cup) servings.

South of the Border Wrap

Kettle & Skillet

- 1 (8-ounce) package red beans and rice mix (recipe developed with Mahatma)**
- 3/4 pound prepared link sausage, diced**
- 1 small onion, chopped**
- 6 large (burrito-size) flour tortillas**
- 2 cups shredded lettuce**
- 1/2 cup chunky salsa**
- 1 cup shredded Mexican cheese blend (such as Cheddar and Monterey Jack) Sliced jalapeño peppers (optional)**

Prepare rice mix according to package directions. While rice is cooking, brown sausage and onion in medium skillet. Lay tortillas on flat surface. Divide shredded lettuce equally among tortillas. Add equal amounts of rice, sausage-onion mixture, salsa, cheese and peppers. Roll tortillas.

Wrap in butcher paper or foil.

Makes 6 servings.

Taco Noodles

1 lb hamburger Salt & Pepper
1 envelope taco seasonings
1 cup salsa 2 cups of water
8 oz. Rotini pasta
1 ½ cup shredded Mexican cheese

Brown and drain hamburger, add Salt, Pepper, and taco seasonings. Add salsa and water. Bring to boil. Add pasta and simmer, covered for 15 minutes. Stir in the cheese and let sit for a couple of minutes. Then serve.

It's a Wrap!

Kettle & Skillet

- 1 (8-ounce) package black beans and rice mix**
- 2 tablespoons vegetable oil**
- 1 cup sliced celery**
- 1 small onion, sliced**
- 2 skinless, boneless chicken breast halves**
- 6 large (burrito-size) flour tortillas**
- Romaine lettuce leaves**
- 1 tomato, diced**
- 1/2 cup chopped cilantro**
- 1 cup shredded Monterey Jack cheese**

Prepare rice mix according to package directions. While rice is cooking, heat oil in medium skillet; sauté celery and onion. Remove from skillet; set aside. In same skillet, brown chicken breasts on both sides, cooking until chicken is no longer

pink. Remove from pan. Slice chicken in thin slices.

Lay tortillas on flat surface. Line with lettuce leaves. Divide rice in 6 portions, spreading each on top of a lettuce leaf. Add equal amounts of vegetables and chicken. Add tomato, cilantro and cheese. Roll tortillas. Wrap in butcher paper or foil. Makes 6 servings.

Fast Chili

Troop 421 Skillet

1 lb. ground beef

1/4 cup chopped onion

1 (15 oz) can Kidney beans

chopped celery

1 can tomato soup

salt, pepper, and chili powder to taste



Brown beef, celery and onion in skillet. add
Tomato soup and beans. Mix well. Add salt,
pepper, and chili powder. Simmer for 5 minutes.
servers 4

Easy Beef Stew and Dumplings
Troop 421

Onepot

1 - 1 1/2 lb can beef stew
1 pkg. biscuits



Place stew in 3 quart saucepan. Add 1/4 cup water and stir. Bring to a boil over medium heat. Place biscuits on simmering stew. Cover tightly. Turn heat to low and simmer 10 to 15 minutes.
servers 4



*Pasta with Tuna & Arugala John Brogan
Kettle & Skillet*

Ingredients (Serves 8):

Spaghetti (20 oz)

Tuna in olive oil, drained (5-5 oz. cans)

Arugula or Spinach (1 lb washed)

Portabella mushrooms (8 oz)

Red or Yellow Pepper (1)

Garlic cloves (4-5)

Parmesan cheese (to taste)

Red pepper flakes (to taste)



Directions:

- * **Cook pasta:** Bring a large pot of salted water (1 tablespoon salt for every 2 quarts of water) to a rolling boil. Add the pasta,

return to a rolling boil, and boil uncovered until the pasta is al dente, cooked, but still a little firm to the bite.

- * **Cook garlic, peppers, mushrooms in olive oil; add tuna, salt:** While the pasta is cooking, heat olive oil in a large skillet on medium-low heat. Sauté garlic, then add sliced peppers, mushrooms, and hot pepper flakes. Cook a few minutes until peppers and mushrooms are softened. Add the tuna and shred it into fine flakes with a fork. Season with salt. Keep warm over low heat.

- * **Set aside a cup of pasta water:** Just before the pasta is ready, set aside 1 cup of boiling water. You'll need this to add

back to the pasta dish to keep it from getting too dry.

- * **Combine pasta with tuna mixture, arugula, and some pasta water:** Drain the pasta and return the pasta to the pot, then add the tuna mixture to the pasta. Add the arugula and toss together with the pasta and tuna. Add some of the hot reserved pasta water to help loosen the pasta, if needed. The arugula will wilt as you toss the pasta and tuna with it.

Complete the meal with:

Lettuce & Tomato Salad

Apples or Oranges

Pound cake & chocolate icing

Jiffy Hamburger Stew
Troop 421

Onepot

- 1 lb lean hamburger**
- 1 pkg. frozen mixed vegetables**
- 1 can tomato juice**
- 1 can stewed tomatoes**

Brown hamburger, pour off fat. Cook vegetables according to package directions. Add hamburger, tomato juice and tomatoes. Simmer 10 to 15 minutes. servers 6

editor's note Amount of tomato juice is not listed. Start with 6 oz.; you can always add more if too thick.

Pineapple Ham Crescents

Count DelMonte

Reflector Oven

1 can 15.25 oz Pineapple Spears in Juice

1 can (8 oz) refrigerated crescent rolls

8 thin slices ham, 2-inches wide

8 slices Swiss cheese, 2-inches wide

1 Tbs. Dijon mustard



Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Place on baking sheet. Bake at 375°F, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened,

about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents.

Makes 8 sandwiches.



Reflector Oven with flat breads

Rice & Freebies The Road King

OnePot

1 Box instant rice	bought with triple coupons
5 packets taco sauce	Taco Bell
2 packets Chile Sauce	Wendy's
3 packets bacon bits	McDonald's
Salt & pepper packets	Kentucky Fried
2 honey packets	Kentucky Fried
Road Kill	only if fresh (only kidding)

Cook the rice, add the sauces and stuff.
Eat if you dare.

Note: many places no longer give out the condiments. But the recipe can be modified to store bought items.

Jambalaya

Yield: 8 Servings

1/2 lb pork tenderloin, chopped

1 cup chopped celery

4 cloves garlic, minced

8 oz Tomato sauce

1/2 ts Pepper

1/2 ts dried Thyme

6 cups Uncooked Rice

1/4 cup Flour

2 lb okra, cut in 1/4" slices

2 md onions, chopped

1/2 cup celery, chopped

3 tb flour

2 cloves garlic, minced

1/2 lb smoked sausage, 1/2" slices

1/4 c vegetable oil

1 cup chopped onion

Dutch Oven



1 bunch green onions, chopped

1 tb chopped parsley

1 ts garlic salt

1/2 ts paprika

1/4 ts red pepper

Cook sausage and pork until browned; drain well and set aside. Cook rice according to package directions and set aside. Heat oil in Dutch oven, add flour and cook over med.-high heat stirring constantly, until roux turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over med heat 10 minutes stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 minutes, stirring occasionally. Stir in meat and remaining green onions. Cook until all is heated.

Arroz con Pollo **Chicken with Rice**

**1 2 1/2 to 3 lb. Broiler-fryer chicken, cut up
(can be pre-boned pieces)**

2 tbsps cooking oil

1 ½ cups long grain rice

1 cup chopped onion

2 cloves garlic, minced

3 cups water

1 8 oz. Can tomatoes, cut up

1 tlbs. Instant chicken bouillon granules

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon coriander

1 cup frozen peas

1 2 oz can sliced pimientos



Sprinkle chicken lightly with salt. In a 12-inch skillet brown chicken in hot oil about 15 minutes. Remove chicken from pan. In drippings remaining in pan, cook rice, onion, and garlic

until rice is golden. Add water, undrained tomatoes, bouillon granules, salt, pepper, and coriander. Bring to boiling, stir well. Arrange chicken atop rice mixture. Cover and simmer 30-35 minutes or until chicken is tender. Add peas. Cover and cook 5 minutes more. Garnish with pimiento strips. Makes

4-6 servings.

Chicken Quesadillas James Thorne T928

Pot & griddle

2 tortillas for each quesadilla

Salsa, hot or mild 1 whole chicken

1 onion 2 lb. Monterey Jack cheese

1 Green pepper oil

2 Tbs. finely chopped cilantro or parsley



Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside, save Stock for tomorrow's soup. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Shrimp Quesadillas James Thorne T928

Pot & Griddle

1 cup coarsely chopped cooked shrimp

1 onion

1 Green pepper

2 tortillas for each quesadilla

2 lb. Monterey Jack cheese oil

**2 Tbs. finely chopped cilantro or
parsley**

Salsa, hot or mild



Cook and clean shrimp. Chop set aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and shrimp. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce, Eat

Davy Jones' Supper

*Creamettes
Kettle*

- 1/2 lb. elbow macaroni**
- 2 tablespoons butter or margarine**
- 1/4 cup milk**
- 1/4 cup chopped onion or dried
onion flakes**
- 1 can cream of shrimp soup**
- 1/4 cup chopped green bell pepper**
- 1/2 cup sour cream**
- (1) 6 oz can of shrimp, salmon or tuna**
- 1 tablespoon mustard**
- 4 oz can of mushroom stems and pieces
drained**
- 1/4 teaspoon salt**
- 2 tablespoons sliced green olives**
- 1 teaspoon Worcestershire sauce.**



Cook macaroni and drain. In medium skillet, melt butter and cook onion and bell peppers, if

flaked, rehydrate first. Blend in milk and soup, heat through. Combine macaroni, soup mixture and remaining ingredients, mix well and heat until thickening. Simmer... 4-6 servings.



Chili Soup with Macaroni (2 or 3 servings)

Med. Pot

Combine in pint plastic zipper bag:

1/2 cup macaroni

1/3 cup dried diced tomato

1/4 cup dried cooked or canned pinto

beans 1/4 cup dried cooked

ground beef

1/2 teaspoon crumbled dried parsley leaves

2 teaspoons dried chopped onion

1/2 teaspoon beef bouillon granules

2 tablespoons dried diced red or green bell

peppers

1/2 package (1.125-ounce package) taco

seasoning mix

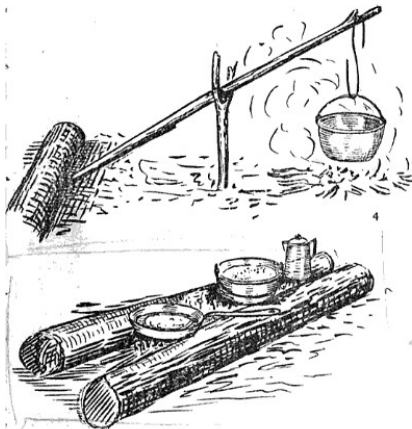
Half of the leather from an 8-ounce can

tomato sauce



At camp:

In medium pot, boil 2-1/2 cups water. Add mix; stir well. Cover; remove from heat and let stand about 10 minutes. Stir well and return to boiling. Reduce heat and simmer, stirring occasionally, until macaroni is tender, 5 to 10 minutes.



Method of supporting cooking utensils



Macho Nacho

1 can Chili, no beans

1/2 cup shredded cheese

1/2 pk tortilla chips

Spoon chili over chips. Sprinkle with cheese.
Heat in microwave or reflector oven to melt
cheese.

Categories: Appetizer, Yield: 4

BLT Sandwiches (4)

Troop 421

Fry Pan

1 lb bacon

1 head lettuce and tomatoes

1 loaf bread

miracle whip

Fry bacon to desired texture. Place bacon on slice of bread and cover with lettuce, tomatoes and miracle whip. Try using toast or Canadian bacon.

Grilled Chess Sandwiches

Troop 421

griddle

1 loaf bread

sliced cheese

Butter or margarine

Pickles

Chips

Heat griddle or frying pan. Spray or oil the pan. Lightly butter bread and place onto pan butter side down. Place 1 slice of cheese on bread and then cover with another slice of buttered bread. Butter side up this time. Brown, then flip and brown the other side.

Hawaiian Chicken

Pot & fry pan

3 boneless chicken breasts - cut in half

**1 sweet green pepper
vegetable. oil**

1 sweet red pepper

8 oz. can pineapple chunks

2 oz. apple juice

1 large red onion

1 cup minute rice



Brown chicken in oil. Add pineapple chunks and juice. Ring cut the onion and peppers and cook. Cover and simmer 20 minutes. Make the rice and serve chicken over bed of rice.

Burp Burritos

Wyatt Burp T928

Pot & fry pan

1 cup dried refried beans

hot sauce/salsa

10-12 flour tortillas

1 head lettuce

Cheese

2 cups water

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat

Turkey Vulture Casserole *PTC*
OnePot

2 cans turkey,
1 pkg. elbow macaroni
1 can cream of celery soup
1 pkg. vegetable soup mix



Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

*English Muffin Pizza**Troop 421**Fry pan***1 pkg English Muffins****pizza sauce****5 oz sliced pepperoni****cooking spray****12 oz grated mozzarella cheese**

Place muffin in a greased pan face down until brown, then remove. Turn over the muffin and spread the browned side with the pizza sauce, pepperoni and cheese. Place back in pan and brown the other side. Use a piece of foil or a pie pan and cover the pizza. Cook 10-12 min. until cheese melts.

Hot N' Saucy Turkey Wings***Grill*****6 Servings****6 Turkey wings****1 tb Butter or margarine****1 Medium onion, chopped****2 ts Dry mustard****1/2 c Sugar****1 tb Cider vinegar****Pinch cayenne****1/4 ts Hot pepper sauce (tobasco)****1 ts Worcestershire sauce****1 c Ketchup****1 ts Celery salt****2 c Beef broth, divided****2 tb Cornstarch**

Cut off and discard wing tips. Divide wings in 2 pieces; set aside. To prepare sauce, melt butter and saute onion. Add mustard, sugar, vinegar, hot pepper sauce, Worcestershire sauce, ketchup, celery salt, cayenne and 1 1/2 cups beef broth. Bring to a boil. Meanwhile combine cornstarch with remaining 1/2 cup beef broth. Stir into boiling mixture and simmer 15 minutes. Barbecue wings over medium heat for 20 to 30 minutes, baste with sauce and continue to cook until tender (approx. 20 minutes). Makes 4 to 6 servings.

Laredo Supper

Kettle or Skillet

1 lb Ground Beef

1 can tomatoes cut up and drained

1 chopped onion

1 - 8 oz jar of Cheese Whiz

1 chopped bell pepper

1 tbsp chili powder

1 can Ranch Style Beans



Brown beef in skillet or pot. Add onion and bell pepper, cook until onions are tender. Add remaining ingredients, simmer 10 minutes. Serve with tortilla chips.

Serves 4.

1 lb ground beef
6 oz can tomato paste
3 oz can tomato juice 5 cups water
1 tsp garlic salt 1 tsp dried
oregano
2 tbsp minced onion 1 tsp sugar
7 oz package uncooked spaghetti
1.5 tsp chili powder Parmesan cheese



In large pot or skillet brown ground beef. Add remaining ingredients, except spaghetti. Cover and bring to boil; reduce heat and simmer for 10 minutes. Add Spaghetti and stir to separate strands. Simmer covered 12 to 20 minutes until spaghetti is tender. Serve with Parmesan Cheese. Serves 4 to 6.

Favorite Beef Stew

Kettle



2 lbs stew meat or chuck (cubed)

3 tbsp oil

1/4 cup flour

2 tsp salt

1/2 tsp pepper

Oregano

Pinch Thyme

1 bay leaf

3 cups hot water

6 medium potatoes, quartered

6-8 carrots cubed

1 large Onion (cubed)

1/2 chopped green pepper

Coat meat in flour, salt, & Pepper. Brown in oil in large pot. Add water & herbs. Bring to a boil, lower heat and simmer 1 hour or until meat is nearly tender. Add vegetables, bring to boil, then lower to simmer 25-30 minutes until vegetables are tender. serves 8-10.

Chili

Kettle or DO

**4 lbs Ground Beef 1 chopped
Onion
2 cloves garlic, ground
3 cans Ranch style Beans
1 tsp cumin salt to taste
3 - 16 oz cans tomatoes 2 cups hot water
2-6 dashes hot sauce 6 tsps. chili powder
1 tsp oregano, ground**



Brown meat and onions in a large pot until meat is done. Add remaining ingredients, bring to boil, lower heat and simmer 45 minutes to 1 hour.
Serves 6.

Chuck Wagon Steak***Kettle or DO*****4 lbs. Round steak, 1/2" cubes****1 cup catsup****1 tbsp prepared mustard****1/2 cup water****2 tbsp brown sugar****1/4 cup vinegar****1/2 tsp salt****1/4 cup chopped onion****1/2 tsp pepper****1/4 cup chopped bell pepper****1 1/2 tbsp Worcestershire sauce**

Pound meat to tenderize, then brown in large pot or skillet. Mix all remaining ingredients and pour over meat; bring to boil. Turn to simmer and cook slowly for 2-3 hours. You can cook with lid on for first portion of cooking time but remove lid for last hour of cooking. Steak is delicious

and tender. Would be good served with rice or noodles.

Serves 10, 6oz portions.



Easy Sloppy Joes

Kettle

2 lbs. ground beef

8 hamburger buns

1 (12 oz) bottle Bar B-Que Sauce



Brown meat in skillet until well done, lower heat, pour in sauce, heat until bubbly hot and serve on buns. Serves 8.



One Pot Dinners

One pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How much water is needed? - Is the pot big enough?



Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a grommet feast. Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup; add the boiling water to the bag and mix. This works with quick rice as well.

Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Use amounts of each ingredient to suit individual preferences, servings, and appetites.

7 oz pasta, 1 lb. meat, 2 cups vegetables, 1 cup sauce, & seasonings should feed 4-5

2. Determine the order of preparation based on the cooking times of each ingredient. Place items with similar cooking times and methods together in a plastic bag. Noodles may take 10 minutes, Instant Mashed Potatoes only the time to boil water.

3. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal

them. Place these smaller bags inside the large bag and seal it.

4. Check the instructions for each sauce or mix to be sure you include any extra items such as butter, dry milk, etc. If you keep all your oil in one container, then write on the bag the extra ingredient.

5. Decide how much water you need, based on each ingredient. Too much water will change Instant mashed potatoes to Potato soup.

6. Write instructions on each package for the meal. Include the order of preparation, cooking times, ingredients not included in the bags, etc. Use a waterproof pen; or cut instructions from boxes and placed in bag

7. Include the instructions for each package with the package. Place the instructions for the whole meal with the large bag.

8. Label each bag
i.e. Large bag can be labeled “dinner Day 3”
with list of contents
Orange drink, chicken soup, Mac & cheese,
chocolate
pudding



Freezer Bag or Mug cooking

Freezer Bag Cooking or FBC is the use of Freezer Bags to contain and cook with boiling water instant or powdered foods in the bag. Usually a cuzzi, cozy, or insulated pouch is used to retain the heat while the food rehydrates and cooks. Sarah Kirkconnell has published several books on the method. Some people have argued against cooking in Plastic or on the waste that it might generate. This is not the place for those discussions. An alternative is to use an insulated mug to rehydrated/cook the food. You still have a bag to carry out and you have to wash the mug. Try out the various methods that suit your style of backpacking. There is not right or wrong, if the scout gets fed.



Cozy with a couple of meals



Mugs for hot drinks and hot meals

Halfa Super

T928 Dick Ross

ONEPOT

1/2 package rice mix

1/2 summer sausage,

tortillas

1/2 can green beans

butter



Cook rice and add sausage and beans. Warp in tortillas. Makes 4-5 tortillas.

Turkey Vulture Casserole

PTC

ONEPOT

2 cans turkey,

1 pkg. elbow macaroni

**1 can cream of celery soup or package
mix if backpacking**

1 pkg. vegetable soup mix



Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.



*Cranberry dressing **Onepot/bag***

Instant bread dressing about 6 oz in a closeable heavy duty bag.

1/4 cup of dried cranberries

1/4 cup chopped walnuts

orange zest (orange peel scrapings(the orange, not the pulp))

combine with 1 1/2 cups of boiling water; let seep for a few minutes.

Cranberry Sauce

Onepot

1/4 cup dried cranberries

1/2 cup sugar

Cover with water and bring to boil and let sit.

Thanksgiving at Camp Recipe Christine
and Tim Connors *ONEPOT*

1 - 4oz pkg Dried Instant Loaded Potatoes

1/4 cup whole milk powder

1/2 cup Stuffing Mix

3/4 cup Dried Cranberries

1 can chicken (can be dried)



Package in ziplock with instructions
written on it.

**On Trail: Add 1 tsp Olive Oil, 2 cups of
Water**

Boil the water & add the oil. Then add the
contents of the bag and mix the water in.

If using Freeze dried chicken/turkey, then
rehydrate and break up into small pieces before
adding to the rest of the mixture.

Alternative:

Use 2 pots. Add an envelope of Turkey Gravy, 1 cup water, and your chicken or Turkey meat. Heat separately and pour over the potato, cranberry, and stuffing mixture.



*Boy's life 1968,
cooking the Turkey on a dingle stick.*

*White Turkey Chili
oven*

Dutch



- 1 lb. leftover Turkey cut into 1/2" chunks**
- 2 Cups Chopped Onions or equ dried onions**
- 2 Med Green Bell Peppers, seeded & chopped**
- 2 Garlic Cloves -- minced**
- 2 Cans Great Northern Beans, drained & rinsed**
- 1 Can Ready-To Serve Chicken Broth**
- 1 Sm Can Chopped Green Chiles, Drained**
- 1 Jar Pace Salsa**
- 1/2 Lb. Monterrey Jack Cheese**
- 1/4 Teaspoon Cumin**

in a slow cooker or Dutch oven Add all the ingredients. Simmer, covered, about an hour or until sauce thickens slightly

Challenge: Can you change this to a backpacking meal?

Beaubian Beans

Philmont

ONEPOT

**1 can Pork and Beans or ½ cup of Pinto Beans
(and more sauce then)**

1/4 cup Brown Sugar

1/4 cup BBQ sauce

2 TBS. onion flakes



Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. Serves 2 Sing around campfire; and enjoy the music.

Chicken Burritos

1 small package flour tortillas

2 packages quick-cooking Spanish rice

2 6-ounce cans of cooked chicken (white meat)

1 tomato, chopped

Grated cheese, such as cheddar or Monterey Jack

Cook rice according to package instructions; add chicken and stir. Lay tortilla flat. Spoon chicken mixture onto center of the tortilla. Add tomato and cheese. Starting at one end, roll up the tortilla. Experiment with other flavors of rice for different combinations

Frontier Dinner

Creamettes
ONEPOT

7 oz or 1/2 lb. package of Elbow Macaroni

1 can tomato soup

1 can Chili with beans



Prepare Macaroni by boiling till done, drain. In a large saucepan, blend chili and tomato soup; heat through, Add macaroni; heat through.

4-6 servings



P51 can opener

Rice N' Chicken

Troop 928
ONEPOT



1-1/3 cups instant rice
2 Tbsps. Dry onion flakes
1 can boned chicken
1/2 tsp. Sage
2 tsp. Instant chicken bouillon



Boil 1-2/3 cups water. Add dry ingredients and can chicken. Simmer 5 min.

Variations: Tuna and dry mushrooms
2 servings

*MacMoose**Alaskan Flair**One Pot***1 box Mac-Cheese****2 Tbsps Dried onion flakes****4 ounces ground Moose****1/4 cup milk or milk powder****1 tbsps margarine**

Brown the Moose meat and set aside. Boil water for the noodles. Add the noodles and boil for 7 minutes. Add the onion flakes when you put the noodles in. Drain the water after the noodles are done. Add 1/4 cup milk, cheese powder and 1 tbsps margarine. Add in the browned ground Moose. **Serves 2-3**

If you don't have ground Moose, you can use Caribou, or ground beef if you are in a pinch.

Alaska Flair cookbook is from the Eklutna District in Anchorage, Alaska. They modeled their cookbook after the Rising Star and Troop 928 cook books; so I borrowed a few of their recipes. - DS



Mac and.....

Kraft



1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat.

~ 4 servings

1 cup Meat	1 cup Vegetables	some EXTRAS
ground beef	stewed tomatoes	1 t. chili powder
chicken	broccoli	2 t. mustard
ham or SPAM	red pepper	1/4 cup Miracle Whip
tuna	peas	1/4 t. Italian seasoning
ground beef or turkey	peas & carrots	1/8 t. pepper

You can add to the list....

*Just a Minute Minute Rice **ONEPOT***

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add an equally quick instant soup mix and you can create a meal.



$\frac{1}{2}$ cup instant rice = 1 serving

Soup Mix	Protein
vegetable soup mix	can tuna
onion soup mix	can ham
chicken bouillon	can chicken
gravy mix	TVP
vegetable beef soup mix	can turkey

TVP = Textured Vegetable Protein

Devil' Thumb Stew

ONEPOT

4 cups water

1 pkg. vegetable beef soup mix

1 box Mac and cheese

1 can tuna

1/2 cup instant rice



To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done **Serves 4.**

Gooder Goulash
T928

Dan and Pat
ONEPOT

- 1 (5 oz) can water chestnuts**
- 1 can chicken**
- 2 pkg. ramen noodles, chicken**



Cook noodles as usual. At end, add drained water chestnuts and put stove on simmer. Add chicken and remove from stove. Stir and enjoy.

Serves 2-3



And More's where based on LIPTON packaged noodles and rice. Now they have been bought by KNORR. Other companies have come out with similar side packages. Other products also change with the market place.

Prepare noodles and rice as directed and add more..... **Serves 2-3.**

Alfredo Carbonara *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Alfredo *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Cajun Style Rice & Beans *AND* 1 T. onion flakes, 2 T. margarine, 1 T. dried green

peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Stroganoff *AND* 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Chicken & Rice *AND* 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Mushroom & Rice *AND* 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Chicken Broccoli & Noodles *AND* 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Beef Rice *AND* 1 package freeze dried (FD) beef, 1 T. onion flakes.

Besides the grocery standards, check the international section and bulk food bins for dried vegetables and other sauces. Also check the camping stores and internet for freeze dried options and other items like powdered cheeses and tomato powder.



Patrick J's Dindin

Patrick Jennings

T928 ONEPOT

1@ 4 oz. can chicken

1/4 lb. Spaghetti (broken in half)

oil

3/4 cup instant rice

soy sauce

spice mix

1 packet spaghetti sauce

1 small can tomato paste



Boil 1 3/4 cups water, mix sauce, pasta, and spice. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.

The Rice Stuff
T928

Dennis A. Schmitt
ONEPOT

1 bag Success boil in bag rice
1 bag Campbell's instant
vegetable soup mix
1 Tablespoon onion flakes
1 (4 oz) can chunk chicken
1 chicken bouillon cube.



Boil the rice, set aside the cooked rice and with 1 cup of boiling water mix the bouillon, soup mix, and chicken. Pour over the rice. Season to taste.
Serves 2-3.

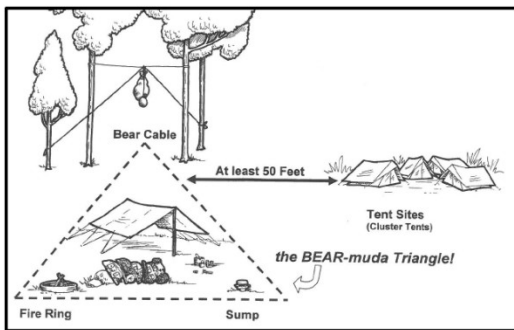
*Texas Ranger Stew Sgt. Brantley
Foster, Company B, Texas Rangers
& wife Suzane*



- 1 1/2 lb. Lean ground beef**
- 1 1/2 teaspoon salt**
- 1 small onion chopped**
- 1/2 teaspoon ground thyme**
- 1 (28 oz) can peeled**
- 1/8 teaspoon ground black pepper**
- whole tomatoes**
- 2 (6-8 oz) cans sliced mushrooms**
- 1 (14 oz) can beef broth**
- 1 cup uncooked quick-cooking rice**
- Water**
- 1/4 cup ketchup**
- 2 tablespoon Worcestershire sauce**

Place a large skillet over medium-high heat and add ground beef and onion. Cook, breaking up

beef, until beef is no longer pink inside; drain fat. Add tomatoes, broth, 2 soup cans of water, ketchup, Worcestershire sauce, salt, thyme, pepper, and mushrooms. Bring to a boil. Reduce heat and simmer, uncovered, 5 minutes. Stir in rice, cover and set aside 5 minutes. **Makes 4 to 6 servings.**



- Smellables always stay inside the Bear-muda Triangle

Pita Pizza for Four *Cliff Jacobson*

This is, by far, everyone's favorite meal.

One or two pieces of pita bread per person

1/2 cup dried tomato powder

1/3 pound fresh mozzarella cheese (hard, fresh cheese keeps nearly a month if it's vacuum sealed)

oregano

garlic powder

salt

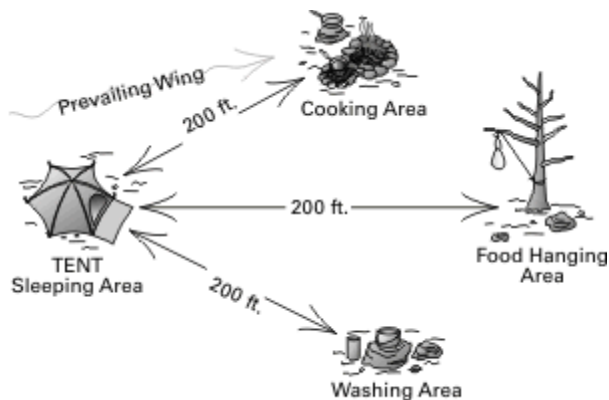
cayenne pepper

basil

Suggested toppings: pepperoni, summer sausage, hard salami, Canadian bacon, fresh onion, green pepper, black olives, canned mushrooms, anchovies, smoked oysters, etc.

PROCEDURE

1. Slice and fry the meat and drain off the grease on paper toweling. Thickly dice the vegetables and mushrooms, fry them in light oil, then drain off the grease and set them aside.
2. To make the pizza sauce, pour 1/2 cup of tomato powder into a bowl and add water to make a thick paste. Sprinkle on oregano, garlic, basil, salt, and cayenne.
3. Fry an unsliced pita at low heat in a well-oiled, covered skillet. When the bottom of the pita is brown (about 20 seconds), flip it over and thickly spread on tomato sauce, cheese, cooked meat, and toppings to taste. Immediately add a dash of water (to steam-melt the cheese) and cover the pan. Allow the pizza to cook at very low heat for 30 seconds or until the cheese has melted. The result is beyond terrific!



Copyright Ron Whitehead

protecting from critters in the woods.

Chunks

Campbell's Soup
ONEPOT

1 cup Quick Rice

1 can of Campbell's Chunky Beef Soup

Heated and served over rice. **Serves 2**



Green Goo
T928

Dennis A. Schmitt
ONEPOT

**1 bag Success boil-in-bag rice,
2 packages Green Pea Cup-of-Soup Mix,
1 T. onion flakes,
1 (4 oz) can Chunk Ham.**

Boil the rice, set aside the cooked rice and with 2 cups of the boiling water mix the onion, soup mix and Ham. Pour over the rice. Season to taste.
Serves 2-3.

Cup-of-Soup mixes can be hard to find, so look for other brands

Mexican Rice Mix

4 cups Raw Long Grain Rice

4 ts Salt

1 ts Dried Basil

1/2 cup Green Pepper Flakes

5 ts Parsley Flakes

Combine all ingredients in a large bowl; stir until well blended. Put about 1 1/2 cups of mix into three 1-pint airtight containers and label as Mexican Rice Mix. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

Mexican Rice: Combine 1 1/2 cups of mix, 2 cups cold water, and 1 T butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Makes 4 to 6 servings.



Chicken-Flavored Rice Mix

Servings: 12

4 cups Uncooked Long Grain Rice

1 ts Salt

2 ts Dried Parsley Flakes

4 Tb Instant Chicken Bouillon

2 ts Dried Tarragon

1/4 ts White Pepper

1. Combine all ingredients in a large bowl. Stir until evenly distributed.

2. Put about 1 1/3 cups into three 1-pint containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix.

CHICKEN-FLAVORED RICE:

Mix 1 1/3 cups rice mix with 2 cups cold water and 1 Tb butter or margarine in a medium saucepan. Bring water to a boil over high heat. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as desired.
Makes 4 to 6 servings.



P38 Can opener

Dill-Lemon Rice Mix

Servings: 12

4 cups Long Grain Rice, Uncooked

4 ts Dill Weed Or Dill Seed

8 ts Instant Chicken Bouillon

5 ts Dried Grated Lemon Peel

2 ts Salt

1. Combine all ingredients in a large bowl and blend well.

2. Put 1-1/2 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.

DILL-LEMON RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings.



Onion-Flavored Rice Mix

Servings: 12

4 cups Uncooked Long Grain Rice

1 Tb Parsley Flakes

2 pk Onion Soup Mix (1 1/4 oz)

1 ts Salt

1. Combine ingredients in a large bowl; stir until well blended.
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

ONION-FLAVORED RICE:

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired.

Makes 4 to 6 servings

Cheddar Cheese Sauce Mix

Sarah Kirkconnell

1 cup dry milk

6 Tbsp cheddar cheese powder

1/4 cup butter powder

1 1/2 tsp dried garlic

1/2 tsp onion powder (not onion salt)

1/2 tsp ground black pepper

Instructions

At home:

Mix all the ingredients together. Store in a tightly sealed container. Keeps for up to 4 months, keep away from heat and for best long term storage, store in your refrigerator.

To use:

Each serving is about 7 Tablespoons. To make sauce combine 1 serving mix with $\frac{1}{4}$ cup water. You can cook up 4-ounces pasta, drain off all but $\frac{1}{4}$ cup water and mix the sauce in, adding a Tablespoon of oil if desired, for a homemade mac and cheese.

Also use the powder in any number of recipes calling for 'cheese sauce powder' for a natural version (some commercial brands contain artificial dyes). Serves: 4

Vegetarian Rice Mix

Servings: 12

4 cups Raw Long-grained Rice

2 ts Salt

4 ts Onion Flakes

4 ts Red Pepper Flakes

3 Tb Instant Vegetarian Bouillon

4 ts Celery Flakes

4 ts Green Pepper Flakes

1. Combine all ingredients in a large bowl; stir until well blended.
2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.
Makes about 4 1/2 cups of mix.

VEGETARIAN RICE:

Combine 1 1/2 cups mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed. Makes 4 to 6 servings.



Chili Mac

*Mac Kool **ONEPOT***

1/2 cup dried beef
1 1/2 tsp. salt,
1/4 tsp. black pepper
2 T. chili powder
1 1/2 cup macaroni
3 cup water
1/3 cup powder milk
4 tablespoons margarine
cheese



Bring to boil. Add 1 1/2 cups noodles and simmer 15 min. When done, stir in 1/3 cup powder milk and 4 T. margarine. Top with parmesan cheese or cheddar.

Beef Stroganoff version 1 TWOPOT

2 cups egg noodles

1/2 cup dried beef

2 tsp. salt

3 cups water



boil and simmer 15 minutes, Stir in sauce and 4
T. margarine.

2/3 cup powder milk

1 pkg. sour cream mix

1 pkg. stroganoff mix,

mix above with 1 1/2 cup water and simmer

Beef Stroganoff *version 2* **ONEPOT**

1 package dried beef
1 small can sliced mushrooms
2 T. dried onions
2 T. oil
1 cup beef bouillon
1 T. Worcestershire sauce
1/2 teas. paprika
sour cream mix
1 1/2 cup Minute Rice
tomato soup mix



Mix all but the rice and bring to full boil. Add rice and cover and stand 5 minutes.

"It's in the bag" Chinese

Dennis A. Schmitt T928 ONEPOT

1 can Chinese vegetables,

1 can Chinese noodles

1.5 cups Minute Rice

1 can bean sprouts,

2 @ 4 oz cans of cooked chicken. Soy Sauce

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.

No pot to clean... **serves 4-5**

You may want to fashion a cozy from a jacket to keep the bag hot for the 5-8 minutes.

Koosah (Sky) Mountain Stew

This recipe was taken from "The Well-Fed Backpacker" by June Flemming, 1986.

ONEPOT

Try the basic recipe first, or put together variations that are cheaper, lighter or quicker to suit the needs of your particular journey.



At home: pack in a 1-quart zipper bag

1 packet sour cream sauce mix,

1/4 cup instant dry milk,

1/4 cup grated parmesan cheese,

1/4 tsp paprika.

Also pack: 1 large clean but unpeeled potato

one small can turkey,

**one 2 serving pack of freeze dried green beans
or 2 handfuls fresh green beans.**

In camp:

Cut the clean, unpeeled potato into small dice and cook it and the green beans for about 8 minutes in 2 1/2 cups boiling water. While this simmer, add 1/2 cup cold water to sour cream bag, seal and knead until well mixed. In the can, cut the turkey into bite sized pieces. When the veggies are tender, add the sauce mix and meat, stir well and heat through.

Ramen noodles can be substituted for potatoes to cut cooking time.

Chicken Stew with Dumplings **ONEPOT**

Servings: 6

3 package Chicken Noodle Soup envelopes

3 can Chicken, boned 12/14 oz

4 Tb Flour

9 cup Water



Dumplings

1. Put the soup mix and flour into a large kettle.
2. Stir in water and add the boned chicken.
3. Place on the fire and bring to a boil, stirring occasionally.
4. Make dumplings. See the Dumpling recipe for directions.

Alternative: use roll of refrigerated biscuits

Brown Rice and Shrimp **ONEPOT**

Servings: 2 *Simple Food for the Pack, 1976*

2 cup Brown Rice

1 can Shrimp, 6 1/2-oz or 1/2 cup Freeze-dried Shrimp

1 cup Freeze-dried String Beans

1 Tb Onion Flakes

1/2 ts Salt 1/8 ts Oregano

1/8 ts Thyme 1 Tb Oil 5 cups Water



1. To boiling water and oil add rice, salt, and onion. High simmer for 30 to 45 minutes.
2. During the last few minutes add string beans and shrimp.

Alpine Spaghetti

ONEPOT

Servings: 2

Of French origin, in Simple Foods for the Pack

8 oz Spaghetti or Angle Hair Noodles

1 Tb Olive Oil

1 cup Parmesan Cheese

1 Garlic clove, minced; or 1/8 ts garlic powder

3 ts Ground Sweet Basil

1 Tb Parsley Flakes

Water



1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

Chili

ONEPOT

Servings: 2

1 cup Lentils

3 Tb Tomato Powder (optional)

2 Tb Masa or Corn Flour (optional)

1 Tb Chili Powder

1 Tb Onion Flakes

1 ts Cumin

1 ts Oregano

1 ts Salt

1 Clove Garlic

4 cup Water



1. Combine all ingredients and simmer 30 to 45 minutes depending on altitude.
2. Put some cheese in your bowl and pour on some chili. Good with cornbread cakes on a cold night.



Pinto Beans

ONEPOT

Servings: 2

1 cup Pinto Beans, cracked in a loose-set grain grinder

1 ts Cumin

1/2 ts Salt

1 Garlic Clove, minced

1 pn Cayenne Pepper



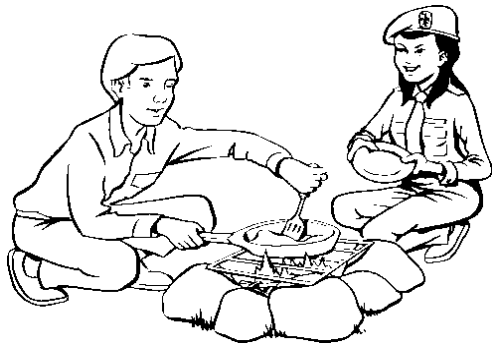
1 Tb Oil

4 cup Water

1. Beans should be cracked about the size of split peas.
2. Add all ingredients to boiling water and oil and simmer 30 minutes.
3. Serve with Corn Pancakes and cheese.

Variations

- a. Add 1 teaspoon chili powder.



Spinach Cheese Casserole

ONEPOT

Servings: 2

1 1/4 c Brown Rice

1/2 c Dehydrated Spinach Flakes

**1/4 c Dried Mushrooms, sliced thin,
chopped fine 1 Garlic Clove, minced**

1/2 ts Salt

**1 cn Shrimp, 6 1/2-ounce can, or 1 c Dried
Shrimp, or 1/2 c Freeze-dried Shrimp**

**1/2 lb Cheddar Cheese, grated or chopped in
small chunks**

1 ts Oil

3 c Water



1. Combine all ingredients except cheese and shrimp, if you use canned or freeze-dried.
2. Bring to boil and simmer 45 to 60 minutes. Stir in cheese and canned or freeze-dried shrimp (unless you used dried).

3. Cover for 2 to 3 minutes, then serve hot.



Asian Rice and Lentils

ONEPOT

Servings: 2

1/2 c Brown Rice

1/2 c Lentils

2 Tb Butter



1 Onion, chopped, or 1 Tb Onion Flakes

1/2 ts Salt

1/2 ts Cinnamon

1/2 ts Ginger

1/2 ts Cardamon

2 Whole Cloves

1 Bay Leaf

1 pn Cayenne Pepper (optional)

2 1/2 c Water

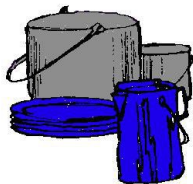
Rice and lentils, when eaten together, make a richer balance of protein than if they are eaten separately.

1. Melt butter in cook-pot and add all dry ingredients. Saute a few minutes and then cover with water.

2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder at home.

*Agua Caliente**Phil Monte*
*ONEPOT***32 oz water****1 large pot**

Carefully measure the water and place in the pot. Add your metal cups and spoons. Cover and place on stove. Light the fire and bring water to a boil for 3 minutes. Remove utensils, placing them on a clean surface. Use the hot water for coffee or preparing food. Use leftover water for cleaning.



1 can Campbell's Chunky Beef Soup
2 tbs. Worcestershire Sauce
1 cup broccoli florets cooked
1 pkg. Success Rice, cooked
1 T vegetable oil

In saucepan, combine soup, broccoli and Worcestershire sauce. Over medium heat, heat through, stirring often. Serve over rice.

Yield: 2 servings

can also use a minute type rice.

Cous - Cous Cluck - Cluck

ONEPOT

1 cup Cous-Cous
chicken bouillon cube
4 oz. canned chicken
water



Use enough water to cover the Cous-cous. Boil the water with the Cous-Cous and bouillon cube. Add the chicken after you have removed it from the can. Add seasonings.

Serves 1

Paramecium Alfredo

Dick Ross

BP ONEPOT



½ Alfredo Noodle mix

dry milk

1 can chicken 4 oz

broccoli

butter

parmesan cheese (parameciums)

1/2 package Alfredo noodle mix, (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in) 1 can 4 oz. chicken meat, fresh broccoli, butter. This all goes in one pot and cooks together. Add a Hard Roll.

Serves 1

1 1/2 cups instant refried beans
2 cups water
1 Tbsp. butter
cheese



Boil water and add to beans in a bowl. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

I can Ham, and you can too

*Dick Ross **ONEPOT***



“I” can ham 4 oz

Dry milk

Dried mushrooms

Butter

Parmesan cheese

Lipton Alfredo Noodle mix

1/2 package Alfredo noodle mix (left over from yesterday), (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in), “I” can ham (4 oz.), dried mushrooms, butter. Hard Roll. Cook in that pot from yesterday.

*Cimarroncito Carbonara**Philmont ONEPOT***2 1/4 cups elbow macaroni****1/4 cup dried vegetable mix****5 cups water****1 pkg. white sauce mix****Salt & pepper to taste****1/4 cup bacon bits**

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Quick Rice

Minute Rice

FBC



1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve.

No pot No mess

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Cheeseburger Rice
Minute Rice

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ONEPOT

1 lb. ground beef
1 sm. onion, chopped
1 1/2 cups water
1/2 cup catsup **2 T. mustard**
1/2 tsp. salt **1/2 tsp. pepper**
1 1/2 cups Minute rice
1 cup shredded cheese

Brown meat and onions, drain fat. Stir in water, catsup, mustard, salt & pepper. Bring to boil. Stir in rice, cover. Remove from heat and let stand 5 minutes. fluff with fork and sprinkle with cheese; cover. Let stand 3 minutes or until cheese melts.

serves 4

*Zastrow-roni Philmont **ONEPOT***

2 1/4 cups elbow macaroni
1 pkg. taco sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & cayenne pepper to taste
5 cups water
1/2 cup grated Parmesan cheese

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

*Lemon Butter Potatoes -Ann Criswell
Houston Chronicle*

This recipe shows off new red potatoes at their best. Since we started using it in the '70s, we have seldom prepared new potatoes any other way.

3 pounds small red potatoes

1 medium-size onion, sliced

3 slices lemon

1 teaspoon salt

Boiling water

1/4 cup margarine, melted

1 tablespoon fresh lemon juice

Wash unpeeled potatoes; put in 3-quart saucepan with onion, lemon slices and salt. Cover with boiling water and cook over medium-high heat until tender; drain. In a small saucepan over medium-low heat, whisk together margarine and lemon juice. When ready to serve, remove lemon

slices from potatoes and pour hot lemon butter sauce over potatoes.

Makes 6 servings.



Sloppy Joe Seasoning Mix

1 tb Instant Minced Onion

1 ts Salt

1/2 ts Instant Minced Garlic

1/4 ts Celery Seed

1 ts Green Pepper Flakes

1 ts Cornstarch

1/4 ts Dry Mustard

1/4 ts Chili Powder

Combine all ingredients in a small bowl until well blended. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Sloppy Joe Seasoning Mix. Store in a cool, dry place and use within 6 months. Makes 1 package (about 3 T) of mix.

Sloppy Joes: Brown 1 lb lean ground beef in a medium skillet over medium-high heat. Drain excess grease. Add seasoning mix, 1/2 cup water,

1 (8 oz) can of tomato sauce and bring to a boil. Reduce heat and simmer 10 minutes, stirring occasionally. Serve over toasted hamburger buns.

Makes 6 servings



Skillet Fajitas Supremas

¾ pound well-trimmed pork tenderloin or chicken breast

Picante sauce

1 tablespoon flour

1 1/4 teaspoons ground cumin (comino)

1 teaspoon vegetable oil

2 garlic cloves, minced

1 cup slivered onion

8 (7-inch) reduced-fat flour tortillas, heated

1 cup each, cut in short, thin strips: green and red bell peppers

Sour cream, thin tomato wedges and chopped cilantro, for toppings (optional)

Cut meat into short, thin strips; set aside. In a small bowl, combine 1 cup picante sauce, flour and cumin. Heat oil in a 10-inch nonstick skillet over medium heat. Add onion and bell peppers;

cook and stir 2 minutes. Add meat and garlic; cook, stirring frequently, 4 to 5 minutes, or until meat is cooked through.

Stir in picante sauce mixture; cook, stirring, 1 minute, or until sauce thickens. Spoon about 1/3 cup mixture down center of each tortilla; top as desired. Roll up and serve with additional picante sauce.

Makes 4 servings.

Cowboy Steak 'n' Veggie Soup

Linda Morten of Katy

**1 (16-ounce) bag frozen mixed green beans,
potatoes, onions and red bell peppers**
**1 (1-pound) boneless beef sirloin steak (1 inch
thick)**
1/4 teaspoon freshly ground black pepper
1 teaspoon dried basil leaves
**2 (14.5-ounce) cans ready-to-serve beef
broth**
1/2 teaspoon salt
1 (16-ounce) jar mild chunky-style salsa
1 tablespoon oil
2 garlic cloves, minced
**1 (15.5-ounce) can great Northern beans,
drained and rinsed**
1 cup torn fresh spinach
**Chopped fresh basil, parsley or cilantro for
garnish**

Boil bag of frozen vegetables (without the bag) on high 8 minutes, or until vegetables are tender; set aside.

Cut beef into 1/4-inch-thick strips; cut each strip into 1-inch pieces. Place beef in a 4-quart Dutch oven; add oil, garlic, basil, salt and pepper; toss to coat. Cover with lid. Stirring midway through cooking, 10-15 minutes, or until meat is barely pink.

Add broth, salsa, beans and cooked vegetables. Cover and heat on high 8 to 10 minutes, or until steaming hot. Stir in spinach and garnish with fresh basil.

Makes 6 (1½-cup) servings, each: 260 calories, 24 grams protein, 8 grams fat (17 percent of calories), 23 grams carbohydrates, 5 grams dietary fiber, 50 milligrams cholesterol, 1,140 milligram

Soups

It may not get too cold in the Houston area, but we do get some chilly nights in the fall. So, here are some soup recipes for that Winter camp or that out of District Ski adventure.



Corn Chowder

Onepot

Servings: 2

- 1/2 c Dehydrated Corn**
- 4 1/4 c Water**
- 1/2 c freeze-dried Potatoes or 1 Potato, raw, unpeeled, cut in small pieces**
- 2 Tb Corn Meal**
- 2 Tb Whole Wheat Flour**
- 2 Tb Soy Milk Powder**
- 1 ts Parsley Flakes**
- 1 ts Onion Flakes**
- 1 ts Celery Flakes**
- 1/2 ts Salt**
- 1/8 ts Paprika**
- dash Pepper**
- 1 Tb Butter**
- 1 cn Cracked Crab w/juice, 6 1/2-oz (optional)**



A thick, creamy chowder, high in protein and a special treat with added crab.

1. Combine all dry ingredients in one bag before you go.
2. In camp combine all ingredients, except crab, in cold water and stir well.
3. Bring to boil, stirring occasionally. Simmer for 10 to 15 minutes.
4. Add can of crab and its juice, if desired, and heat through. Serve hot.

Lentil Soup

Servings: 2

1/2 c Lentils

1 ts Dried Carrot Flakes

1 ts Dried Minced Onion

1/2 ts Salt

1/4 c Potato Buds

1 ts Butter or Margarine

3 c Water

2 Tb Parmesan Cheese (opt.)



Dumplings, optional

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some parmesan cheese into the soup.

3. Add dumplings if desired. See Dumplings recipe.



Polenta Cheese Soup

ONEPOT

Servings: 2 *Simple Food for the Pack, 1976*

1/2 c Dehydrated Corn

1/4 c Polenta

1 Tb Dehydrated Bell Pepper

1 Bay Leaf

1 ts Parsley Flakes

1 ts Onion Flakes

1 ts Celery Flakes

1/2 ts Salt

1/8 ts Savory

ds Cayenne Pepper

1 ts Oil

4 c Water

1/2 c Milk Powder

1/4 lb Cheddar Cheese

1/4 c Sunflower Seeds (optional)



1. Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.
2. Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.
3. Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

Lentil Tomato Soup **ONEPOT**

Servings: 2 *Simple Food for the Pack, 1976*

2/3 c Lentils

**1/2 c Noodles, whole wheat, soy-rice, or
sesame**

1/4 c Freeze-dried Tomato Powder

1 Tb Vegetable-seasoned Broth Powder

2 ts Parsley Flakes

1 ts Salt

1/4 ts Garlic Granules

dash Pepper

1 Tb Oil

5 c Water

Add all ingredients to boiling water and oil and
cook at a low boil for 30 to 40 minutes.

Clam Chowder

ONEPOT

2 cups dried potatoes > can use hash browns

3 cups water

1 T. dried onions

parsley

>cook potatoes, et etc., about 10 min.

1 cup dried milk

2 T. margarine

>add the rest, stir and heat, don't boil

2 T. crumbled bacon.

8 oz can minced clams

>add more water if needed.

Taco Soup

- 1 lb ground beef**
- 1 onion**
- 1 green pepper**
- 2 8 oz chopped tomatoes**
- 1 2.25 oz pkgs of taco seasoning**
- 1 pkg of ranch dressing mix**
- ½ cup picante sauce**
- 1 6 oz can of tomato sauce**
- 2 cans of corn**
- 1 15 oz cans of pinto beans (drained)**
- 2 cups water salt and pepper to taste**

Brown meat, onions and peppers. Drain well. Add remaining ingredients and simmer at least one hour. Serve with Dorito Chips.

Copycat Onion Soup Mix

3/4 cup instant minced onion

1/3 cup beef bouillon powder

4 teaspoons onion powder

1/4 teaspoon crushed celery seeds

1/4 teaspoon sugar

Combine all ingredients and store in an airtight container.

For Soup, mix 5 tablespoons of mix with 4 cups of boiling water. Boil or seep long enough to allow the onions to rehydrate. Top with croutons and grated cheese.

For 1 cup of soup use 4 teaspoons of mix with 1 cup water.

SCRATCH RECIPE FOR ONION SOUP MIX

8 tsp. dry minced onion

1 tsp. onion powder

4 tsp. beef bouillon or 4 cubes

1/4 tsp. celery salt



Mix with 4 cups water for soup OR use dry with sour cream for dip.

DRIED ONION SOUP MIX

1/2 tsp Onion powder

1/2 tsp Salt

1/4 tsp Sugar

1/4 tsp Kitchen Bouquet

1/2 cup Dried onions, chopped/minced

In small bowl, combine onion powder, salt, sugar. Add Kitchen Bouquet and stir until seasonings are uniformly brown. Add onion and mix thoroughly until color is again even. (This step takes several minutes.) Makes 1/2 cup mix which is equivalent to one 1/5 ounce envelope of dried soup mix. Store unused mix in the refrigerator.

***ANGEL HAIR SOUP WITH CHICKEN &
PINE NUTS***

Nancie McDermott

Serving 4

3 ounces angel hair pasta broken into bits

2 tablespoons parsley

4 tablespoons chicken low sodium bouillon

1 pouch chicken

2 tablespoons roasted pine nuts

Cut the chicken into thin strips, 1/4x1-inch. Cut the pasta into 1-inch pieces. Mince the parsley and set aside.

Mix chicken bouillon with 12 ounces water and bring to a boil in a covered medium saucepan over high heat. Add the chicken and reduce the heat to medium-high. about 1 min. Add the angel hair pasta and cook until tender but still firm, 2 min longer.

Meanwhile, place the pine nuts in a small, dry

frying pan over medium heat. Cook, stirring occasionally, until golden brown, about 3 min.

To serve, spoon the soup into bowls and garnish with the pine nuts and minced parsley.



Classic White Sauce

At Home:

2 Tbsp. dry milk

1 Tbsp. Butter Buds,

1 1/2 Tbs. flour

pinch salt into a bag.

At Camp: >mix mixture and

1 cup water

1 1/2 Tbs. butter or margarine

Melt butter and cook the mixture slowly 1-2 minutes, low heat. Stir until thick 4-5 minutes. Add spices or cheese for a sauce over rice or noodles.

White sauce can be the base for a number of soups and sauce toppings to rice, noodles, cous-cous, and other grains. Add cheeses, chicken or beef bouillon; even chipped beef



***LOW-FAT, LOW-SODIUM SUBSTITUTE
FOR CREAM OF CHICKEN SOUP***

Recipe By : www.mayohealth.org

Serving Size : 1

2 cups nonfat dry milk powder

3/4 cup cornstarch

**1/4 cup unsalted instant chicken bouillon --
granules**

**2 tablespoons dried onion flakes -- or 1
teaspoon onion -- powder**

1 teaspoon dried basil

1 teaspoon dried thyme

1/2 teaspoon pepper

Blend ingredients. When ready to use, combine
1/3 cup soup substitute mix
with 1 1/4 cups water to equal 1 can of soup.

Notes: This came from

www.mayohealth.org/mayo/recipe/htm/soup5.htm, which included a complete nutritional and calorie comparison with a can of Cream of Chicken Soup. It is intended for use in casseroles.



Cream of Mushroom Soup Mix Dried

by Leanne Malone



1 cup dried mushrooms

1/2 teaspoon dried onions

3 tablespoons all-purpose flour

1 teaspoon salt

1/8 teaspoon pepper

1 cup powdered milk

Combine all ingredients and store in a tightly covered container. Makes 6- 8 ounce servings or is equal to 4 cans of soup.

To make soup stir all ingredients into 1 1/2 quarts boiling water. Cook, stirring constantly until smooth and thickened.

Cover and cook over very low heat 20 to 30

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minutes.

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Backpacking Cream of Mushroom soup

DAS

Serving Size : 2



2 tbsp Butter (in squeeze tube)
2 tbsp Onion; Finely Chopped dried
4 tbsp Mushrooms; Fine Chop dried
1 cup Unbleached Flour
2 Chicken bouillon cubes
1/4 cup powdered milk
dash salt and pepper

Soak the onions and mushrooms in hot water (enough to cover) for 10 to 15 minutes. Add the butter and cook over low heat for a few minutes, stirring occasionally. Sprinkle with the flour and cook for a few minutes more. Slowly add 2 cups of water with the chicken bouillon, and heat, stirring, until it reaches the

boiling point. Stir in the powered milk mixed with 1 cup water and season to taste.

You may just want to pack everything in a zip type bag and cook together.



OUTDOOR COOKING-RANGE

1911

Creamy Potato Soup Mix

Sarah Svien Kirkconnell



At home mix up in a bowl:

2 cups instant mashed potatoes

1 3/4 cups instant dry milk

1/2 cup shelf stable Parmesan cheese

1 teaspoon dried thyme

2 tablespoons low sodium chicken, beef or vegetable bouillon

2 Tablespoons dried onion flakes

1 Tablespoon dried parsley

1 teaspoon granulated garlic

1/2 teaspoon pepper

Divide the soup mix up by 1/2 cup dry portions. Depending on if you will be using freezer bags or a mug to have your soup in, pack in quart freezer bags or sandwich bags.

FBC method:

Add 1 cup near boiling water and stir till smooth. Let cool.

Insulated Mug method:

Add 1 cup boiling water and stir till smooth. Let cool.

Serves 1 per bag.

Notes: Creamy Potato Soup mix is a great way to get a potassium rich meal into you when you are so tired you can't face eating. It is easy to mix up, and quite affordable. Carry a packet or two with you in your food bag, as a backup for cold evenings as well. It rehydrates easily in a freezer bag or in your mug.

Creamy Tomato Soup

Sarah Svien Kirkconnell

Process in a mini food chopper or blender till combined:

1/2 cup diced sun-dried tomatoes

2 Tbsp dry milk

1 Tbsp tomato powder

1 Tbsp diced dried onions

1 tsp butter powder

1/2 tsp sugar

1/2 tsp Italian seasoning blend

1/4 tsp diced dried garlic

1/4 tsp fresh ground black pepper

Pack in a pint freezer or sandwich bag, adding in 1 Tbsp Bac'uns or similar fake bacon before sealing the bag.

FBC method:

Add 1 cup near boiling water to the freezer bag. Stir well, seal tightly and put in a cozy for 10 minutes.

Insulated mug method:

Add 1 cup boiling water to the dry ingredients. Stir well, cover tightly and let sit for 10 minutes.

One pot method:

Add dry ingredients to 1 cup water in your pot. Bring to a boil, stirring often. Turn off the heat, cover tightly and let sit for 5 minutes.

For all methods, add salt to taste, if desired.

Serves 1.

Notes: I have included the three main methods for making the soup on the trail. It is a thick soup and would work well as a sauce over couscous or

pasta. Adding a 7-ounce pouch of chicken will make a full meal for two, when used as a sauce.



Potato Soup *Dennis A. Schmitt T928*

ONEPOT

1 T. dried onion flakes

**1 Box Betty Crocker Hash Brown
Potatoes**

1 tsp. dried bell peppers

dash cooking oil crumbled bacon

dash salt and pepper.



Dump in large pot and cover with water. Boil and simmer for about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh.
serves 4-6

Potato Soup

ONEPOT

Simple Food for the Pack, 1976

1 cup potato buds
2 beef bouillon
1/2 cup dry milk,
dried parsley and onions.

Boil 4 cups water with a tablespoon of dried minced onions and the bouillon. Add the dried parsley, then add the potato buds and dried milk, bring back to boil and simmer couple of minutes.

Notes: you can load this with some cheese and bacon bits.

Dehydrated Soup Mix

who? 🤔

2 Cup. Whole Wheat Couscous

1 Cup. Dehydrated Bean Flakes (pinto, black bean, etc.)

1 Cup. Dehydrated Soup Flakes (vegetable mix, cabbage, tomato, carrot, etc.)

1/2 Cup. Nutritional Yeast (not brewer's yeast)

1/4 Cup. Vegetable Broth Powder

2 tsp. Herb Pepper 2 tsp. Dried Oregano

2 tsp. Dehydrated Onion Flakes

1 Tbs. Salt

Mix ingredients and store in sealed air-tight container. To prepare, mix with boiling water, about 1 cup. mix to 4 cups water, depending on desired thickness, simmer for 2 to 3 minutes and let stand, covered, at least 5 minutes before serving. for 2-3 servings

Cup of Vegetable Soup

1/3 cup veg flakes (tomatoes, celery, onion, zucchini, onion, peas, broccoli and carrots, made by putting dried veg. in a blender until pea-sized)

1 tablespoon cracked wheat (bulger)

1 tablespoon pasta, broken up

1/4 teaspoon dried parsley

1/4 teaspoon dried sweet basil

pinch garlic powder pinch onion powder

salt and pepper to taste

2 cups stock or bouillon

Place dried ingredients in a thermos. Pour boiling stock over dry ingredients. wait about 10 minutes to rehydrate

Condensed Soup Mix

Ingredients (1 serving)

3 tablespoons and 1-3/4 teaspoons nonfat dry milk powder

1 tablespoon and 1 teaspoon cornstarch

3/4 teaspoon dried minced onion

1/8 teaspoon ground black pepper

1-1/4 teaspoons chicken bouillon powder

1/8 teaspoon dried basil (optional)

1/8 teaspoon dried thyme

Using an air tight container combine dry milk, cornstarch, onion flakes, pepper and chicken bouillon. If desired also add basil and thyme.

Mix well and store in the refrigerator or freezer.

When using the mix combine 1/3 cup of the mix with 1 1/4 cups of water in saucepan. Cook and stir until thickened.

Potato Soup Mix



**1/2 cup and 1 tablespoon and 1 teaspoon
instant mashed potato flakes**

1/2 cup dry milk powder

2 teaspoons chicken bouillon granules

3/4 teaspoon dried minced onion

1/4 teaspoon dried parsley

1/8 teaspoon ground white pepper

1/8 teaspoon dried thyme

1/8 teaspoon ground turmeric

1/2 teaspoon seasoning salt

Combine potato flakes, dry milk, bouillon granules, onion, parsley, pepper, thyme, turmeric and seasoning salt in a bowl and stir to mix. Pour into a 1 quart jar.

Attach the following instructions: To serve, place 1/2 cup soup mix in bowl. Stir in 1 cup boiling



water until smooth.

=====

Instructions for all soup mixes: Mix all ingredients in a small bowl; Pour into a baby food jar, or a sandwich bag tied with ribbon, or a ziploc baggie. Label container with name of soup and directions.

****Several of the recipes call for using Lipton soup mixes; It is advised that you empty the soup packet into a bowl, stir well to evenly distribute the seasonings, and then take the measured amount from this mixture.**

Tortilla Soup in a Cup



3 Tb. crushed tortilla chips (crush with your hands)

2 Tb. Uncle Ben's instant rice

1 Tb. Lipton Recipe Secrets Vegetable Flavor**

1 tsp. chicken bouillon granules

1/4 tsp onion powder

1/8 tsp garlic powder

1/8 tsp cumin

Empty soup mix into a plain coffee cup. Use a standard cup that holds 1 1/2 cup liquid.

Add 1 cup boiling water to an insulated mug

Stir well. Cover and let stand 3 minutes. Enjoy!

Vegetable Rice Soup in a Cup

**1 1/2 Tablespoon Lipton Recipe Secrets
Vegetable flavor****

3 Tablespoon Uncle Ben's instant rice

1 tsp. chicken bouillon granules

1/4 tsp. onion powder

Empty soup mix into a plain coffee cup (no metallic decorations)

Use a standard cup that holds 1 1/2 cup liquid.

Add 1 cup boiling water to an insulated mug

Stir well. Cover and let stand **5** minutes. Enjoy!



Potato Soup in a Cup

1 1/2 cup Hungry Jack instant potato flakes

1 cup powdered coffee creamer

1/2 of a 1 oz. pkt. chicken gravy mix

1 Tb. dried parsley flakes

2 Tb. grated Parmesan (Kraft, in the green can)

1 tsp. salt free seasoning blend (like Mrs. Dash, or Spike)

1/2 tsp. dried minced onion

1/2 tsp. salt

1/4 tsp. pepper

Mix all ingredients well with a whisk.

Place 1/2 cup + 1 Tb. mix into small jars or baggies. Makes enough for 5 individual soup mixes.

Directions:

Empty soup into a plain coffee cup (no metallic decoration) Use a standard cup that holds 1 1/2 cup liquid. Add 1 cup boiling water to an insulated mug.

Stir well. Cover and let stand 3 minutes. Enjoy!

Salt free Cajun seasoning

combine **1 tablespoon of paprika,**
1 1/2 teaspoons onion powder,
1 1/2 teaspoons granulated garlic,
1/2 teaspoon black pepper,
1/2 teaspoon thyme,
1/2 teaspoon celery seeds
1/8 teaspoon cayenne pepper.

Makes 2 1/2 tablespoons. Store remaining blend in an airtight container at room temperature.

Creamy Cheese Soup in a Cup

1/2 of a 1.5 oz pkt. Knorr Four Cheese Sauce Mix

1 1/2 tsp chicken bouillon granules

1/4 tsp. pepper

1/2 of a pkg Lipton Recipe Secrets Vegetable flavor **

2 Tb. dried parsley flakes

1 1/2 cup powdered coffee creamer

2 Tb. cornstarch

Mix all ingredients. Place a scant 1/2 cup mix into small jars or baggies. This will make 5 individual soup mix pkts.

Directions:

Empty soup mix into a plain coffee cup (no metallic decoration) Use a standard cup that will hold 1 1/2 cups liquid. Add 1 cup boiling water

to an insulated mug.

Stir well. Cover and let stand 3 minutes. Enjoy!



Built in measuring cup - DAS

VEGETABLE BROTH MIX

- 4 tb Celery salt**
- 4 tb Dried parsley flakes**
- 6 ts Garlic powder**
- 6 ts Salt**
- 6 ts Ground savory**
- 2 ts Dried marjoram**
- 2 ts Dried thyme**
- 1 t Pepper**
- 1 t Turmeric**
- 1 t Ground sage**

Combine all ingredients and mix well. Mix again before using. Store in a jar.

Dry Onion Soup Mix

7 oz beef bouillon granules

1/4 c instant unsweetened tea powder

adds color and tang without more salt

1/2 teaspoon Pepper

1 1/2 cups dry minced onion

1/4 cup onion powder

1/4 cup parsley flakes

1/8 cup onion salt

2-4 tablespoons Kal or Red Star nutritional yeast

1-2 teaspoons ground celery seed

1-2 tablespoons sugar

Combine in order listed, mix very well but do not use blender. Keep the mixture in an airtight container such as a zippered plastic baggie with the air pressed out. Makes 2 cups (equivalent of 8 envelopes). 1/4 cup mix equals 1 envelope commercial soup mix.

TO USE: Soup-1/4 cup mix to 4 cups boiling water. Stir well until powder is dissolved. Onion dip- 4-5 tablespoon to 1 pint of sour cream or plain yogurt.

Variations These ingredients are optional but tasty:

1-2 tablespoons dried mushroom powder or 1/4 cup chopped dried mushrooms

Chicken: Use chicken bouillon

Vegetable: Use vegetable bouillon

Cup of Vegetable Noodle Soup

1/3 cup vegetable flakes (dried tomatoes, celery, onion, zucchini, onion, peas, broccoli and carrots)**

1 tablespoon cracked wheat (bulger

1 tablespoon thin spaghetti, broken up

1/4 teaspoon dried parsley

1/4 teaspoon dried sweet basil

pinch garlic powder

pinch onion powder

salt and pepper to taste

Make vegetable flakes by putting dried vegetable mix in a blender and pulsing until smaller than pea-sized).

Combine in order listed, mix very well but do not use blender. Divide the mixture into 2 airtight containers such as zippered plastic baggies with the air pressed out. Makes about 1/2 cup

(equivalent of 2 cup a' soups). 1/4 cup mix equals 1 serving of commercial soup mix.

Place dried ingredients in a preheated thermos or other covered container. Pour 1 cup boiling water over dry ingredients.



Get your Patrol Organization working, and your **Cooking** Crew trained for the days of camping that are ahead.

Boy's Life March 1949

Generic Dried Instant Soup Mix (Cuppa Soup Powder)- Bulk Recipe with Variations

3 tablespoons split peas, small lentils, or bean flour

OR 6-8 tablespoons any bulk instant bean/pea flakes

2 tablespoons fine bulgur OR cracked wheat or instant rice

1/4 cups dry vegetable flakes**

1 tablespoon unhulled sesame seeds

1 tablespoon sunflower seeds

2 tablespoons nutritional yeast

1/2 teaspoon Salt

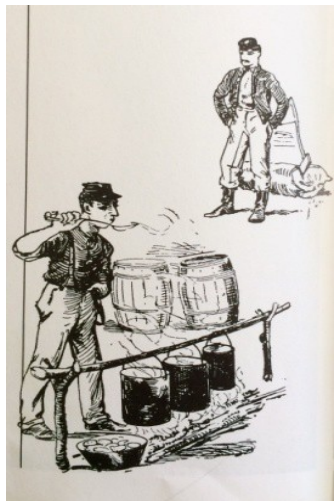
Crush seeds and peas to a fine powder in blender, add rest of ingredients and pulse till mixed. Store airtight. Shake to redistribute ingredients each time you remove a serving.

Soup:

1 1/2 tablespoons soup powder

1 cup boiling water

Combine soup powder and boiling water in a covered container. Let stand several minutes before eating.



Instant Noodle Soup Mix

2 tablespoons chicken-flavored instant bouillon

**1 tablespoon dried mixed vegetable flakes
(salad sprinkle is good in this)**

1/2 teaspoon garlic powder

1 tablespoon dried parsley flakes

1 tablespoon dried onion flakes

1/2 teaspoon poultry seasoning

1/8 to 1/4 teaspoon pepper

1/2 package ramen noodles, broken into 1" pieces

If you have time to cook it, for the ramen noodles you can substitute:

4 oz. (one cup) broken vermicelli or tiny soup noodles

In small bowl, combine all seasoning ingredients; mix well. Spoon into small plastic bag or container; add pasta. Shake and seal.

You can turn this into a kitchen gift-in-jar! Make it with the regular noodles, package in a sealed Mason jar, tie on a gift card" "To make Holiday Soup- in four-quart saucepan combine seasoning, pasta, and 6 cups water. Bring to a boil over medium heat, stirring occasionally. Cook over medium heat 5-7 minutes, or until pasta is of desired doneness, stirring frequently. Yield: 5, one-cup servings. May add one cup cooked cubed chicken, turkey or vegetables to the soup.

Instant Potato Soup Powder

12 servings

1/4 cup (about 2 ounces) chicken bouillon granules

3 cups instant mashed potato flakes, packed

2 tablespoons instant minced onions

3 tablespoons dried green onions

1 teaspoon white pepper

**1/4 cup bacon bits, real or soy; crumbled well
(Optional)**

1 tablespoon parsley flakes

1/2 tablespoon dill weed

1/2 teaspoon thyme

1 cup instant milk powder

1 teaspoon turmeric (OPTIONAL)

****Bulk dry vegetable blends:**

Selection: prices for dried vegetable blends range from \$10 to \$20 per pound in the bulk or herb department of your natural foods grocery or at

camping supply stores. Avoid those with corn or potato chunks, they don't rehydrate instantly. Dried "Salad sprinkle" with greens and sesame seeds is a nice addition or variation. Some stores also carry dried tomato broth or cream soup powder.

Storing dry soup mixes: shelf life is reduced when veggies are powdered. (More surface area exposed to the air.) Vacuum sealing should prolong storage, as will freezing or refrigerating. However, you may not want to make up a lot of powdered mixes at one time for the best results. Once you have all of your ingredients on hand to make mixes, then make small batches. Try making enough to last for about a month or so, until you get a good idea of how long they will stay 'fresh'.

Use 2 tablespoons white bean flour per cup of liquid for thin soups or just to add flavor and color, 3 tablespoons for medium-thick and 4-5 tablespoons for thick soups, stews or gravies.

Whisk into soup stock, or use hot water flavored with 1 teaspoon meat-based or vegetable soup base per cup of water. Cook and stir 3 minutes. Blend after cooking, if desired, for a creamier soup. For pea and lentil soups, use only 1 tablespoon flour per cup of liquid for thin soups, 2 tablespoons for medium and 3 tablespoons for thick soups.

- 1 30 oz bag frozen diced hash browns**
- 1 30 oz box chicken broth**
- 1 can cream of chicken soup**
- 1 8 oz pkg of cream cheese**
- 3 oz bacon bits**
- 1 cup shredded cheddar cheese**

Put potatoes, broth, soup and ½ bacon bits in crock pot. Cut up cream cheese and add. Cook on low for 8 hours.

Top with cheddar cheese and rest of bacon bits.

Chili

base camp

- ¾ to 1 lb. Ground beef**
- 1 can kidney beans, drained**
- 1 can great northern beans, drained**
- 2 15 oz petite diced tomatoes**
- 15 oz can tomato sauce**
- ¼ cup minced onion**
- 2 tsp chili powder**
- 1 tsp salt**
- 1 tsp ground cumin**

Brown beef and drain, Put all in crockpot to heat for about an hour or so. Dutch Oven works well too.

Another Loaded Potato Soup

Time: 10 min.

4 cups water

1 cup Potato Buds

1/2 cup dried milk

2 envelopes instant beef bouillon (1 tbsps)

1 tablespoon parsley

pinch of thyme

1 tablespoons sour cream powder

Package dry ingredients together with trail instructions

2 tablespoons crumbled bacon

1/2 cup shredded cheese

Boil the 4 cups of water and add the dry ingredients, bring to a boil and then simmer. If too thick, add some more water. Serve with a

topping of bacon crumbles and shredded cheese.
Add some chives on top for show.

serves 4



MUSHROOM-BARLEY SOUP MIX

1/2 cup dried barley

1/4 cup dried mushroom slices

2 Tbsp dried onions, minced

1/4 cup dried carrot slices

2 Tbsp dried parsley flakes

2 Tbsp dried dill 2 bay leaves

2 beef bouillon cubes, or 2 tsp. bouillon granules

Combine ingredients in a plastic bag, glass jar, or any tightly sealed container. Store in a dark, cool place.

TO USE: add to 1 quart boiling water and simmer until barley is tender. Remove bay leaves before serving. Serves 4

Cream of Tomato Soup

1 teaspoon. Dried Tomato powder

1/2 Cup boiling water

1 Tbsp. Flour

1/2 Cup milk

To make tomato powder, blend dried tomatoes in food processor. Add powder to water and simmer. Add flour to milk and stir. Add flour/milk mixture to water and tomatoes. Simmer and stir to prevent scorching.

CREAM OF TOMATO SOUP MIX

3 Cup dried tomato slices

1/2 Cup dried milk powder

1 Tbsp sugar

1/2 tsp. salt

1/4 tsp. ground cinnamon

Powder tomato slices in a blender or with a pestle. Add remaining ingredients. Store in a plastic bag, glass jar, or any tightly sealed container.

TO USE: add to 1 1/2 quarts boiling water and simmer 10 minutes. Add 1 teaspoon butter or margarine after cooking. Serves 4 to 6.

MINESTRONE

4 beef bouillon cubes, or 4 tsp. bouillon granules

1/2 cup dried onion, chopped

1/2 tsp. dried garlic, minced

1/2 cup dried navy beans

1/2 tsp. dried oregano

2 bay leaves

6 peppercorns

1 cup dried tomatoes, sliced or chopped

1 cup dried celery slices

1 cup dried carrot slices

2 cup dried green beans

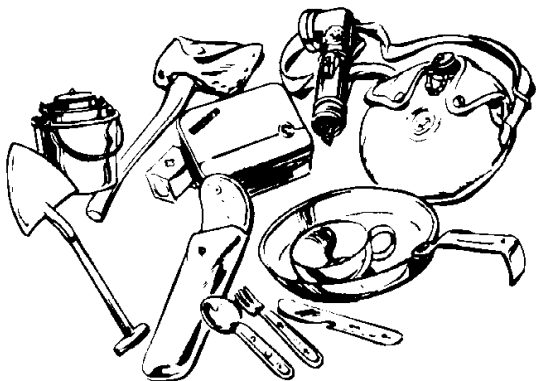
2 Tbsp dried green pepper

1 tsp. salt

Combine ingredients and store in tightly covered container.

TO USE: add to 4 quarts boiling water and

simmer over low heat 2 to 3 hours, until beans are tender. Remove bay leaves and peppercorns before serving. Serves 8 to 10.



CREAM OF MUSHROOM SOUP MIX

1 Cup dried mushrooms

1/2 tsp. dried onion

1/2 tsp. dried lemon rind, grated

3 Tbsp all-purpose flour

1 tsp. salt

1/8 tsp. pepper

1 Cup dried milk powder

Combine all ingredients and store in a tightly covered container.

TO USE: stir into 1 1/2 quarts boiling water. Cook, Stirring constantly until smooth and thickened. Cover and cook over very low heat 20 to 30 minutes. Serves 4.

CREAM OF MUSHROOM SOUP by
Vikki Kinmont & Claudia Axcell

1/3 Cup dried mushrooms, sliced thin and chopped fine

Or 1.5 cups wild or fresh mushrooms, chopped fine.

1/3 Cup dried milk powder

2 Tbsp whole wheat flour

2 tbsp nutritional yeast

1 tsp. dried onion flakes

1 tsp. parsley flakes

dash nutmeg

1 tsp. salt

dash pepper

1 teaspoon oil

Combine all ingredients and store in a tightly covered container.

Put all ingredients into cold water and oil, and

stirring frequently, bring to a boil. When it comes to a boil, put on lower heat and simmer for 10 minutes more, stirring occasionally. Serves 2



Boys Life - 1950

Instant Creamy Cheese Cup of Soup

This delicious soup can be made just like the popular soup-in-a-cup mixes, but you make your own.

Prep Time: 5 minutes

Ingredients:

1 (1.5-ounce) package four cheese sauce mix

1 tablespoons chicken or beef bouillon granules

1/2 teaspoon pepper

2 teaspoons dried thyme leaves

1 (1.5-ounce) package vegetable flavor broth mix

1/4 cup dried parsley flakes

2 cups dried milk powder

1 cup powdered coffee creamer

1 cup dried minced vegetables

Combine all ingredients in a medium bowl and mix well. Store in tightly sealed 1/2 pint jars in a dark, cool place.

To use, combine 1/3 cup of the soup mix in a 2-cup mug. Add 1 cup boiling water and stir well. If you have access to a microwave oven, you can combine the soup mix with water, then microwave for 1-2 minutes until boiling, then let stand 1 minute before serving.

Mix makes about 12 servings of soup.

Creamy Mushroom Soup

Creamy Mushroom Soup uses dried mushrooms, bouillon cubes, evaporated milk, and dried herbs and spices to make a soup.

Prep Time: 10 minutes

1 ounce dried mushrooms

3 cups boiling water, divided

1 cube beef bouillon

1 tablespoon dried onions

2 tablespoons cornstarch

1/8 teaspoon pepper

1/2 teaspoon dried thyme leaves

1 (13-ounce) can evaporated milk

1/4 cup grated Parmesan cheese

Place mushrooms in saucepan and cover with 1 cup boiling water. Let stand for 10 minutes, or as long as package directs. Process mushrooms as

directed (sometimes you are asked to remove the stems). Place saucepan on medium heat and stir in remaining water and beef bouillon and dried onions. Bring to a boil, then simmer for 5 minutes.

Add cornstarch, pepper, and thyme and heat until soup thickens. Add milk and heat again until soup almost comes to a simmer. Top with Parmesan cheese and serve. Serves 3-4

Potato and Swiss Cheese Soup
not an instant version

2 (32 oz. or 4-16 oz. cans) cartons Chicken Broth

2 lbs. Yukon Gold potatoes sliced thin

1 yellow onion, sliced thin

1 qt. heavy cream

1 Cup. shredded Swiss cheese

½ Cup. Parmesan cheese

1/4 Cup. real bacon bits

2 Tbsp. green onions, diced

Pour chicken broth into a pot, and put in sliced potatoes and onions. Cook on medium heat for about 20 minutes or until potatoes are tender. Add the remaining ingredients and simmer for approximately 20 minutes.

Corn Chowder

- 2 Tbsp. Butter or butterbuds**
- 1 Onion, diced or equivalent dried**
- 1 Cup. diced Potatoes or equivalent dried**
- 1 tsp. Salt**
- Dash of Pepper**
- 2 package of freeze dried Corn or 2 cups dried (Harmony House or Packit)**
- 2 Cup. Milk or 1/2 cup powdered milk & 1 1/2 cups water**
- 2 Tbsp. Oscar Meyer canned Bacon Bits**

In a large pot add potatoes 2 cups water, salt and pepper. Melt butter in large skillet, chop onion finely and add to butter. Sauté onions until they are soft and transparent. Cook until potatoes are tender. Add onions, corn, and milk to this, and bring to a full boil. Add bacon bits and more seasonings if you like.

if you are using the dried products, rehydrate first

and be ready to add some additional water for the soup. Use a bit of olive oil to sauté the onions.



**WISCONSIN POTATO CHEESE
SOUP***(backpacking style)*

Serving Size : 8

- 1 1/2 teaspoons ButterBuds**
- 1 1/2 teaspoons Salt**
- 2 Tablespoons Dried Chopped celery**
- 1/4 teaspoons Pepper**
- 3 Tablespoons Dried Chopped onions**
- 1 dash Paprika**
- 2 cups Diced dried potatoes**
- 8 oz Shredded cheddar cheese**
- 3 cubes Chicken bouillon**
- Croutons**
- 1/2 cup dried Milk**
- Fresh chopped parsley (opt)**
- 5 cups water**

In a large saucepan, mix butter with a cup of water and add celery and onion over medium-

high heat until tender. Add potatoes and broth and 2 cups water. Cover and simmer until potatoes are tender, about 6-12 minutes. Stir in the rest of the water, dried milk, and seasonings. Add the cheese and heat only until melted. Top with croutons and garnish with parsley if desired.

Cooking with Coals..



DUTCH OVEN 101 – Bobby Hale

Camp Ovens (the ones with legs that we call “Dutch Ovens”) are not new. Abraham Darby in England in the early 1700’s copied a Dutch casting process to make cast iron pots and shipped them to the new colonies, such as the

Pennsylvanian Dutch, and throughout the world. Paul Revere is credited with the design of the flat lid with a ridge for holding coals as well as the addition of legs to the pots. They were on the manifest of the Lewis & Clark expedition. At the end of the Civil War, union soldiers commented that the abandoned rebel campsites were littered with Dutch Ovens. Toward the end of the war, rebels were known to carry almost nothing, but the heavy pots were important enough that they carried them until the end. Pictures of these are in the Smithsonian Museum, and they look exactly like the ones that we use today. Most of the ones we use are made by Lodge Manufacturing, and come in 10", 12", 14" and 16" sizes. Troops use mostly the 12" size. Always use the smallest one that you need to save time and charcoal.

Resources:

Cooking Merit Badge book and “Cooking for Small Groups” are good resources. The best is the internet, as you don’t have to pay, and there is more info there than you could ever read.

There are many Dutch Oven Cookbooks, but they tend to be redundant. Two great books that would make your repertoire complete:

“Roughing it Easy” by Dian Thomas, and “The Complete Book of Dutch Oven Cooking” by J. Wayne Fears.

Equipment:

You need a little more than just the pot. A few suggestions:

1. Charcoal Chimney- easy and safe way to start your Kingsford’s
2. Channel Lock Pliers- for handling the lid
3. Tongs- for handling briquettes – get the cheap ones at the dollar store
4. Heavy Gloves- welding gloves are good

5. Lid Stand- Lodge sells one, or you can use any trivet. This is so you will have a place to set the lid when you stir or check your food
6. A steel table is a good investment. This keeps you off the ground, and is a good work height. This also lets you cook anywhere, even on an asphalt parking lot. If you are lucky enough to have a welder in your resources, a steel table with removable legs is easy and cheap to make.

Cooking:

To start out, don't try to cook directly in the iron. Use an aluminum casserole pan or cake pan, or cook kit fry pan. As a last resort, line with foil, but be warned that this usually leaks and makes it even harder to clean. Also, place a cake cooling rack or wire tent stakes in the bottom so that the pan is off the iron. This will make the

oven very forgiving if you get carried away and put too many briquettes under. When baking, use this formula: for a 12" oven, use 10 coals underneath, and 15 on top. That will give you about 350-375 deg. Oven. By using a pan inside you can also pre-heat which will save time.

When your coals are on the oven, light some more, as you will have to add them as you cook. Turn the oven lid (and bottom) every 15 minutes to regulate hot spots. How long does it take? That depends on wind, amount of food inside, how much liquid is in the pan etc. Wind will frustrate you, so consider a wind break if that is an issue. When you start to smell the food cooking, it is time to check, as that is always an indication that it is getting close. Forget the toothpick-out-clean step. Get a fork and dig into several places to make sure it is really done all the way thru.

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. bucket to keep dry.

The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals.

They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals.

The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

Temp	type	seconds over fire
250-235	Slow	6-8
325-400	Medium	4-5
400-500	Hot	2-3
>500	very Hot	1

All Dutch Oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover. The firepan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

The amount of charcoal needed will vary with the weather (wind and temperature)

Cooking with Cast Iron

Cooking with cast iron can be a lot of fun, whether you use an old Dutch oven for cooking over a campfire or making gems using your great grandmother's pan. There are several things to remember, however:

- Cast iron is brittle. Try not to drop it; it could crack the iron, not to mention break your foot.
- The cast iron gods always seem to require the sacrifice of your first born--in other words, the first thing you cook in your newly reseasoned pan will be scorched beyond recognition to appease the spirits! Don't feel badly...it has happened to all of us.
- Bacon is a good first thing to cook.

- Use a no-stick spray when you cook. Some foods, such as gems or waffles, come out of the pan a lot easier when the pan is prepared with no-stick spray. Using just vegetable shortening, until the pan is really seasoned, tends to result in a mess.
- Don't overheat a pan on a stove. Many skillets were warped because they were cooked over heat that was too high.
- Avoid cooking foods with a high acid content (e.g., tomatoes) in the pan. I'm told it can pit the inside of the pot or skillet (which would explain all of the skillets and dutch ovens I've seen that are pitted on the inside and perfect on the outside).

- Alternately, cook in a stainless steel Cake pan in the DO to avoid pitting and some of the cleanup. Ring tube pans work well,



➤ Never put cold liquids or solids (frozen hamburger comes to mind) into a hot Dutch oven. The oven can crack from thermal contraction.



Baking Temperature Chart for Dutch Oven Cooking by Lodge Cast Iron

Oven top/bottom	325°	350°	375°	400°	425°	450°
8"	15	16	17	18	19	20
*****	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
*****	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
*****	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
*****	20/10	21/11	22/12	24/12	25/13	26/14

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid:

Oven Size	Persons Served
8"	1-2
10"	4-7
12"	12-14
12"deep	16-20
14"	16-20
14"deep	22-28

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow-250° to 350°; Moderate-350° to 400°; Hot-400° to 450°; Very Hot-450° to 500°.

Care and Handling

Cast iron is porous and rusts easily if not seasoned. New ones come already seasoned now. However, you must re-season every time you use and clean it. To clean, scrape out any food left over, and half fill with water and boil. Scrub the rest out with a Scotch Brite pad, wipe dry and coat with a LIGHT dose of cooking oil while it is still warm. If the pot in the storage shed is rusty, clean it out with steel wool or wire brush, rinse and re-season. Don't pour cold water in a hot oven. Before you use, stick your head in the pot and sniff. If it smells like somebody cooked a cat in it, or you smell rancid grease, that is what your next meal will taste like. Just put water in it and boil it. Re-season with a little oil and you will be good to go.

What to Cook?

Cobblers of course! They are easy, stereotypical proverbial camp dessert. One of my favorites is Brownie/Cherry. Pour one can of Cherry pie filling in the pan, cover it with brownie mixed according to box and sprinkle with chopped pecans or chocolate chips. It is easy and insanely good. Cobblers with various pie fillings and cake mixes are easy and wonderful. They are good with Bisquick short cake batter too. Boy's creativity will amaze (or horrify) you.

Anything that can be made at home in your oven can be done with a camp oven. Cornbread, biscuits, do-nuts, sopapias, beignets, soups, gumbos, stews and any casserole that you can think of are made for Dutch Ovens. One word of advice: pick recipes that have a small number of ingredients for beginners. We want them to be able to follow a recipe, and that is hard to do

if it is two pages long. Try to find recipes with about five ingredients or so. Again the books that I mentioned are great resources for this, and can be found at the Scout Shop. (for a reasonable price)

MORE TIMELESS WISDOM

1. There are aluminum Dutch Ovens. They are light, they don't rust, they do not need to be seasoned, they do not absorb food odors, and they can be cleaned with soap and Brillo Pads. HOWEVER, they require more charcoal and take longer to cook (because they just don't transfer heat like iron does). They also will corrode if put away wet. Worst of all, they will melt if you get a really hot, well drafted fire. (once the boys realize this, kiss it goodbye!)

2. Bundt pans work well in camp ovens, especially the 12" deep ones that a lot of troops have (think Monkey Bread)
3. When cooking directly in the iron, remove the food as soon as it is done because :
 - A.) it will keep cooking even with coals removed.
 - B.) some foods can be discolored or get more of an iron taste than you need if you leave it in there too long. When cooking in cake pans or liners, this is not a problem.
4. You can stack your ovens while cooking. This saves charcoal, and will impress those watching with your skill and cunning. Just remember that the top pot will have a lot of heat underneath it, so use a trivet.

5. Invert the lid on a trivet or lid stand and you have a nice concave griddle for hoecakes, pancakes, bacon and eggs, quesadillas, etc. etc.
6. Don't have a charcoal table? Get two metal oil drain pans, set them on bricks, and use one for the charcoal chimney and the other one to cook in. This allows you to try things out in your driveway or back porch.
7. The best biscuits you ever had . . . Bisquick or Pioneer Baking Mix (recipe on back) and put them in a buttered pan. Pre-heat the oven to really hot (cover the top, but no more than usual on the bottom) They will cook fast (10 minutes) but wait till you taste them.
8. Never use any ingredient that is prefaced with "Lite" or "sugar-free". They won't taste

good. Try to avoid margarine, as this is worse for you than butter.

9. We do not use charcoal lighter fluid, as boys will only add this after the fire is going, and you don't need that drama. To light your charcoal, either put the chimney on a propane stove, or put a tablespoon of cooking oil on some wadded up paper towel.
10. Watch garage sales. I once bought a 16" Lodge oven at a garage sale for \$20. Others have purchased 12" ones for \$5. Remember, rust can be removed and re-seasoned as long as the lid fits well and there are no cracks or pin-holes.
11. Cast iron retains heat. That's what is good about it, **but it will burn fingers and hands.**



Waiting for Cobbler. 2016

Turkey and Stuffing Pie **DUTCH OVEN**

Categories: Dinner, Dutch oven

Yield: 6

2 cup prepared stuffing

1 cup shredded Swiss cheese

2 can chunk turkey (5 oz)

1/2 cup milk

3 eggs

Preheat Dutch oven. Pat stuffing evenly into 9-inch pie plate to form crust. Building up sides to form rim. Sprinkle turkey and cheese evenly over stuffing. In small bowl, beat together milk and eggs; pour over turkey. Bake 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

NO-FUSS PIZZA ROLL-UPS

Servings: 4–6

Preparation Time: 45 minutes

Challenge Level: Easy

What You'll Need:

2 8-ounce containers refrigerated crescent-roll dough

1 5-ounce pouch Boboli Original pizza sauce

4 ounces (1 cup) shredded mozzarella cheese

3 ounces pepperoni, chopped

12-inch camp Dutch oven

What You'll Do:

Preheat Dutch oven using 18 coals on the lid and 9 briquettes under the oven.

Unroll crescent dough from containers.

Divide pizza sauce, cheese and pepperoni among the crescents and roll up each like a jellyroll.

Bake for 15 to 20 minutes, until the crescent rolls become a golden brown.

Home made DO table with ½ conduit pipes



D. Schmitt 2016

Dutch Oven Lasagna

- 1 box Lasagna noodles**
- 2 lbs ground beef**
- 1 45 oz jar spaghetti sauce**
- 1 lb bad shredded mozzarella**
- 1 lb. bag shredded Romano**
- 8 oz grated parmesan cheese**
- ½ teaspoon garlic powder**
- 1 teaspoon dried basil**
- 1 teaspoon dried oregano**

Brown meat in the bottom of your 12” Dutch oven. Remove meat from the oven, drain it, and mix the meat with the sauce & spices. Mix cheeses into a cheese mixture. Rinse out the sauce jar with a couple cops of water; pour enough into the Dutch oven to cover the bottom. Then place a layer of noodles into the oven. Layer the sauce & meat mixture, dry noodles and cheeses in

alternating layers; reserving about 1 cup of cheese for the top layer. Cover the oven and bake at 350 deg. For 45 to 60 minutes or until the noodles are tender. Use 24 charcoal briquettes for outdoor cooking. 15 on top and 9 underneath your Dutch oven. Rotate to avoid hot spots, and watch your coals.

Serves 8-10

Guadeloupe Chili Pie* *DUTCH OVEN**2 lb. ground beef****1/2 tsp. chili powder****1 med. onion, sliced****1/2 tsp. salt****1 tbs. margarine****1 8-oz can tomato sauce****1 15-oz can chili beans****1 6-oz package cornbread mix**

Brown beef and onions in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce; cook for 15 minutes in covered oven.

Mix the cornbread as directed and add to top of meat and beans. Place lid on oven, Cook for 20-30 minutes, until cornbread is done. **Serves 8 persons.**

Frito Pie(6)

Troop 421

Dutch Oven Style

1 - 24 oz can chili

1 can tamales

1/4 cup tomato sauce

6 cups Fritos

American cheese (sliced or shredded)

Line Dutch oven with foil: coat with cooking spray. Place tamales on bottom, then place chili and Fritos in layers. Cook for 45 minutes. Place cheese on top 5 minutes before meal is done.

3 lb Chicken

Salt and Pepper

1 Bay Leaf

1 c Green Pepper; chopped

1 c Onion; chopped

1/2 c Butter or Margarine

2 can Cream of Chicken Soup

2 can Cream of Mushroom Soup

10 oz RO*TEL Tomatoes W/Green Chili

12 Corn Tortillas; crumbled in - bite sized pieces

1 1/2 c Cheddar Cheese; shredded

Stew chicken with salt, pepper and bay leaf. After cooking, bone and cut chicken into bite-size pieces. In a large saucepan, cook green pepper and onion in butter until tender. Stir in soups and RO*TEL Tomatoes and Green Chilies. In a 3-quart shallow baking dish, 13x9", arrange alter-

nate layers of tortillas, chicken, soup mixture, and cheese, using one-third of all ingredients. Repeat layers two more times. Bake at 325~ for 40 minutes or until hot and bubbly and cheese is browned. Serves 10-12. In a 10 inch dutch oven this baked with 10 coals in a ring around the bottom and 18-20 on the lid. After 30 minutes the casserole was bubbling and ready for the final cheese topping. Let it sit for a good half hour before serving so the sauce can soak into the tortillas.

Beef Pot Roast with Vegetables (6)

*Troop 421 **Dutch Oven Cooking***

1 (4 lb) chuck roast

2 medium onions

salt, pepper, and seasoning to taste

1 pkg baby carrots

4 medium peeled potatoes

Cover roast with seasoning blend and place in Dutch oven. Quarter the potatoes and add to roast along with carrots. Fill Dutch oven with 2 inches of water and cook for 3 hours or until tender. Quarter onions and add after 1 1/2 hours. serves 6.

*Ketcham Canyon Stew **Dutch Oven***

From Spirit of the West. Ketcham Canyon is in the Chalk Bluffs of northeastern Colorado. Author Beverly Cox says: "Men did the cooking on trail drives and roundups. My father's uncles Will and Herb Ketcham --old-style open-range cowboys -- were used to 'doing for themselves.' Uncle Herb could whip up a batch of biscuits in a

flash and cook most anything in his old Dutch oven."

8 strips thick-sliced bacon, chopped

1/3 cup unbleached all-purpose flour

Salt

1/2 teaspoon ground black pepper

**1 teaspoon dried thyme or sage leaves
(optional)**

**2 1/2 pounds beef chuck or bottom round, cut
into 1 1/2-inch cubes**

3/4 cup chopped onion

3 tablespoons chili sauce or ketchup

1 1/2 cups strong brewed coffee

**2 tablespoons each: molasses and
Worcestershire sauce**

6 small red potatoes, peeled and quartered

18 small boiling onions, peeled

4 carrots, peeled, cut into 1½-inch lengths

Chopped fresh parsley for garnish (optional)

Cook the bacon slowly to render the fat in a Dutch oven over medium-low heat. Remove cooked bacon with slotted spoon; set aside. Combine flour, 1 teaspoon salt, pepper and thyme. Pat beef cubes dry and toss with flour mixture. Brown beef in bacon drippings over medium-high heat, working in batches if necessary. Remove browned beef and set aside. Add chopped onion to the pan and cook 1 to 2 minutes. Stir in coffee, chili sauce, molasses, Worcestershire and reserved beef and bacon. Cover and simmer over low heat 1 hour, stirring occasionally.

Add boiling onions and 3 cups water. Simmer covered 30 minutes. Stir in potatoes, carrots and more water if necessary. Continue to simmer the stew, partially covered, about 30 minutes or until potatoes and carrots are tender. Add salt to taste and serve garnished with fresh parsley.

Makes 6 servings.

Chili for 8-- Thanks to Pete Farnham, SM,
Troop 113, GW District, NCAC, Alexandria, VA,

Dutch Oven

All ingredient amounts are just suggestions; add more or less. It's very free form. You might have your own secret ingredients. Go for it!

1 large onion, sliced/diced

2-3 cloves garlic

1/2 green pepper, diced

1 Tbsp oil.

Sauté above in the oil in bottom of Dutch Oven until onions are tender. Add:.

2 lb. lean ground beef .

Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add:.

2 sm cans tomato paste.

1-2 large cans tomatoes (you can substitute a large jar of spaghetti sauce for the tomatoes and paste).

3 Tbspsp chili powder (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:.

Drained kidney or black beans (as many as you like; I suggest 2 soup-size cans).. Cover and simmer 15 or so minutes. .

Serve with rice or pasta, and salad. Use another Dutch Oven to make corn bread. Hot sauce on side is good, too. I showed my scouts how to cook this shortly after I started as SM, and my senior patrol cooks it frequently on campouts now. They scarf it down by the plateful and want more. There rarely is any left over. .

Mmmmmmm...I'm getting hungry. Enjoy!

ENCHLLADA CASSEROLE-24

2 each Corn-canned, 16 Oz

2 each envelope enchilada sauce mix
2 each Stewed tomatoes-mexican, 14 1/2 oz
1 each Stewed tomatoes-regular, 14 1/2 oz
2 each Pinto Beans-jalapeno, 15 oz
1 each Pinto Beans-regular, 15 oz
8 ounces chopped green chilies
1 each Black Olives, Pitted 16 oz can
1.5 pounds sour cream
24 each 6 inch corn tortillas
Grated Cheddar Cheese

Free-for-all. Open all the cans and chunk everything into a large dutch oven.

(OK a bit thin on directions. I would tear the tortillas apart and mix in with the other ingredients. Heat through with DO set up for 350 deg for about 1/2 hour and then top with the grated cheese for another 10-15 minutes)

POTATO BAKE-24

6.5 pounds potatoes

0.5 each onions

1.5 pounds sour cream

2 each cream of mushroom soup- 10 $\frac{3}{4}$ oz

8 ounces Swiss cheese

1 Mozzarella Cheese, grated

Potatoes should have been cooked the night before. Slice potatoes and layer with remaining ingredients. (bake for 30 minutes)

RIVER TAMALES-24

4 packages Tamales-12/pkg, mild

Place in a small dutch oven add a small amount water, and steam heat.

VEGGIES AND DIP In-24

1 bottle Ranch dressing-16 oz

1 pound carrots

1 head celery

1 bunch broccoli

2 each cucumbers

1 each yellow squash

Chop veggies into chunks and serve with ranch dressing as dip.

Apple Cake

1 1/4 C salad oil (I use vegetable oil)

2 t vanilla

2 eggs, well beaten

2 t cinnamon

2 C sugar

1 1/2 t baking soda

1 t salt

3 C flour

3 C apples, peeled and chopped

(I use Granny Smith)

Coarsely chopped pecans

Powdered sugar

Blend salad oil, vanilla and eggs.

Mix dry ingredients together then add to oil mixture and mix well. Stir in chopped apples.

Dough will be stiff. Pat into 9" x 13" cake pan (or 12" round Dutch Oven) and sprinkle with

chopped pecans.

Bake 1 hour at 350 degrees.

Sprinkle with powdered sugar as soon as you take it from the oven.

Corn Bread

1 C stone ground yellow corn meal

1/3 C flour

2 tsp baking powder

1.2 tsp salt

2/3 C milk

1 egg, beaten

3 Tbl vegetable oil or shortening

[optional - 1 tsp sugar— we don't use]

PREHEAT oven to 450 degrees.

OIL 8-inch round cake pan*

COMBINE corn meal and dry ingredients.

ADD milk and egg; STIR.

ADD oil or shortening; MIX thoroughly.

POUR into prepared pan.

BAKE 20 to 25 minutes or until golden brown.

*Double recipe for 12" Dutch Oven

*One Thousand Chills/One Thousand
Spills* ***Dutch Oven***

*Troop 1000 Dutch Oven Cornmeal Crusted
Chili--Thanks to Morton Raban and the Troop
1000, Michigan*

**1 Cup minced onion (1 medium onion
chopped finely)**

**1/2 Cup diced green and sweet red pepper
(include one or two jalapenos if you wish)**

**1/2 Cup sliced mushrooms (Optional, fresh or
canned, use more for vegetarian chili)**

2 cloves garlic minced

1 can beef consommé

**1000 beans (red kidney, or black beans,
actually I use one or two cans)**

**1 28 oz can whole Roma tomatoes cut into
quarters**

1 lb ground or cubed meat (beef, chicken or lamb) (may be omitted for vegetarian chili)

1 1/2 Tbs chili powder

1 tsp oregano

1 bay leaf

2 pkgs of Jiffy corn muffin mix (batter prepared according to package directions)

2 Tbs olive oil

Cayenne pepper to taste .

Heat Dutch Oven over charcoal. Brown meat (and/or mushrooms) in Olive oil for a few minutes. Add onion and green peppers and fry until Onion is translucent. Finally add garlic, sweet red pepper and jalapeno (if desired) and fry for just a few minutes. If fatty hamburger was used be sure pour off most of the fat. (Fat can be removed with a large spoon or bulb baster). Add the can of consume and scrape the solids from the bottom of the Dutch oven. Add beans, tomatoes (including juices), one and one half

cans of water, and spices. Cover the Dutch oven. Meanwhile make up the batter for the corn bread or corn muffins using package directions. Dilute about 1/3 Cup corn muffin mix with 1/2 can of water. Add to the chili broth with stirring. Correct spices and spoon in the remaining prepared corn muffin so that it floats on top of the chili. Cover the Dutch oven and put charcoal on the top. Cook for about 30-40 min so that the cornbread is slightly browned and crusty. Serve chili together with cornbread in cups or bowls.

Notes:

Shredded cheese, chopped peppers or canned corn may be added to corn muffin crust.

Without added Cayenne the chili is mild enough to be served to children; addition of 1/4 t of Cayenne makes a very spicy chili.

It makes sense to spend the extra money and get lean ground beef (ground round) since it is not much fun trying to remove the extra fat.

This recipe won the weekly best chili award during our troops week at Summer Camp at Lost Lake Scout Reservation Clinton Valley Council). However, honesty forces me to admit that it was the only entrant ;-)" Morton Raban

*Salmon Fish Stew**John Brogan*

Ingredients (Serves 8):

Marinade:

Cloves from 1/2 head of garlic, peeled, crushed, minced

Fresh lime juice (4 tablespoons)

Salt (1 ½ teaspoons)

Paprika (2 tablespoons)

Cumin (5 teaspoons)

Black pepper (3 teaspoons)

Other:

Salmon, cut into 2-inch pieces largish-bite sized pieces (3-3 ½ pounds)

Olive oil

Onions, sliced (4 medium size)

Bell pepper, seeded, de-stemmed, and sliced (2 large size)

Tomatoes, sliced (4 medium size)

Salt and freshly ground pepper (couple pinches/shakes)

Coconut milk (2-14 ounce cans)

Fresh cilantro, chopped (2 bunches)

Freshly cooked rice (4 cups)

Directions:

1. Mix together the marinade ingredients. Let the salmon marinate in this paste for at least 2 hours. The longer, the better. Keep cold

2. Boil rice in a covered pot until tender.
3. In a large Dutch oven, coat the bottom with a couple tablespoons of olive oil. Add a layer of sliced onions, and then a layer of sliced bell peppers, and a layer of sliced tomatoes. Place the fish pieces, with the marinade, on top of everything, and start layering again - onions, bell peppers, and tomatoes. Sprinkle generously with salt and pepper. Add about half of your fresh cilantro to the top. Pour coconut milk over the top. Drizzle generously with olive oil over the top (several tablespoons).
4. Bring to a boil, reduce heat to low, cover and let simmer for 30 minutes to an hour, until the vegetables are cooked through. Serve with rice; garnish with remaining cilantro.

Texas Chili

Dutch Oven

2 lb lean chuck roast

bacon grease

6 jalapeño peppers, seeded and chopped

1 tbs cumin

1 (20 oz) can tomatoes, chopped

1 large onion

6 cloves garlic, minced

2 tsp salt

4 tbs chili powder

1 tbs oregano

Brown meat, garlic and onions in bacon grease. Add Jalapeño peppers and mix well. Add remaining ingredients, cover and cook 1 hour.

Homestyle Chili Kettle & Dutch Oven

1 lb ground beef
3 cloves garlic, minced
2 tbs chili powder
1 (20oz) can tomatoes, chopped
1 cup red wine (dry) ETOH boils off
1 lb uncooked kidney beans
1 lg yellow onion, chopped
1 tbs cumin
1 tbs Worcestershire sauce
1 green bell pepper, chopped
salt & pepper to taste

Cover beans with 2-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa. Cook, eat and enjoy!!!



*Lasagna Pie**Dutch Oven Cooking*

1/2 cup creamed cottage cheese

1 can (6 oz) tomato paste

1 lb. Ground beef

1 cup milk

1 cup shredded Mozzarella cheese

1/2 cup Bisquick Baking mix

1/2 tsp. Salt

2 eggs

1/2 tsp. Dried oregano

Grease a 9" dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into dutch oven. Bake for 30-35 min. or until knife inserted in the

center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese.

8 servings



Dutch Oven Pizza

Troop 421
Dutch Oven

Canned biscuits

Pizza or spaghetti sauce

Grated mozzarella cheese

Cooking spray

**Pizza fix'ins- pepperoni, sausage, mushrooms,
onion, green peppers, etc**

Line Dutch oven with the foil making sure there are no air pockets. Cover with cooking spray. Make the pizza crust by pressing biscuits into bottom of Dutch oven. Spoon sauce over crust and top with desires fix'ins and cheese. Cook 10-15 minutes or until done. Check often to prevent burning.



Pizza Hot Dish

Dutch Oven

2 pk Crescent rolls

1 Jar Pizza Sauce

1 1/2 lb Ground Beef

8 oz Shredded Cheddar Cheese

8 oz Shredded Mozzarella Cheese

Brown ground beef, drain. Line Dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.

Bacon Cheese Pull Apart

Dutch Oven

14 Rhodes Dinner Rolls, Thawed but still cold

¼ cup butter, melted

2 cups grated cheddar Cheese

8 pieces cooked bacon, broken into small pieces

Cut each roll in half. Pour butter into 12 inch Dutch Oven. Roll cut rolls in butter until coated and arrange in dutch oven. Sprinkle with cheese and bacon. Cover with lid and let rise until double. Bake 350 F for 20-30 minutes.

8 coals on bottom, 16 on top. Rotate oven and lid every 15 minutes

*Chicken and Stuffing Bake**Kroger**DUTCH OVEN*

**4 cups Pepperidge Farm Herb Seasoned
Stuffing Paprika margarine**
6 Skinless Boneless chicken breast halves
1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of a 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

Flank Steak Supreme (4)

Troop 421

Dutch Oven

1 Flank steak

Onion and seasoning to taste

1 can Mushroom steak sauce

Heat Dutch oven prior to preparation. Place steak on 12x24 inch piece of foil. Season with onion salt. spread mushroom sauce over steak. Wrap in foil and seal. Place in Dutch oven for 1 hour and 30 minutes.. serves 4

6 to 8 Pork Chops and Rice

Troop 421 Dutch Oven

6 to 8 pork chops

6 to 8 tbsp. rice

6 to 8 slices onion

6 to 8 slices tomato

6 to 8 slice bell pepper

Brown the pork chops on both sides. Line dutch oven with foil and cover foil with cooking spray. Place 1 tbsp rice for each pork chop on the bottom. Place pork chops on rice. Place slice of onion, tomato, and pepper on each chop. Cover with chicken broth and cook for 1 hour.
Feeds 6 to 8.

Corn Casserole

*Kelly Hall
Dutch Oven*

- 1 can creamed corn**
- 1 can whole kernel corn**
- 1 stick melted margarine**
- 1 (6 oz) package cornbread mix**
- 1 (8 oz) carton sour cream**

Mix all ingredients together. Bake at 350 degrees for 30 minutes. serve with crackers.



Chili Pie *Hormel* ***DUTCH OVEN***

4 cups corn chips

1 @ 19 oz can Name brand Chili

2/3 cup chopped onion

1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.

Serves 4-5 or one scoutmaster

Chili Rice Casserole

Hormel

DUTCH OVEN

3 cups cooked rice

1 (19 oz) can plain chili

1/2 cup onions, chopped

3/4 cup crushed corn chips

4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes.

Serves 4-6.

Goulash

A Bate's

1 lb of hamburger
a couple of potatoes
a couple of onions
Carrots if you have them
Other veggies if available
Ketchup or other tomato type sauce
About 1 cup of water

Brown the beef and drain. Cut up the potatoes, onions and carrots and add to the browned beef. Add water and let simmer covered for about an hour. Stir about every 10 minutes. During the last 15 or 20 minutes add about 3/4 of a cup of the sauce, stir and cover again.

This goulash is done when the potatoes are soft. This is really very good and we know you'll enjoy it. serves 4

Gail's Chicken Enchiladas

DUTCH OVEN

4 boneless butterfly chicken breasts - boil and shred

1 onion chopped

16 oz. sour cream

1 small can chopped green chilies

1 pkg. 4-cheese blend Mexican cheese

Directions: Mix all that in a bowl. Spoon into small soft flour tortilla shells (2 pkgs. of 10 each). Roll up and place in 2-9 x 13 greased pans. Cover each pan with 1 jar of taco sauce and 1/2 pkg. of shredded cheddar cheese. Bake 350 for 30 minutes. Makes 8-10 servings. You can also substitute 3 lbs. of ground beef for the chicken.

- 2 lb. lean ground beef**
- 1 onion**
- 2 6 oz. cans tomato paste**
- 2 cups water**
- 1 16 oz. pkg. refrigerator biscuits**
- 2 pkg. sloppy Joe seasoning mix**

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown.

Serves 4-6 or one scoutmaster

*Easy Potato Soup Bank of Winnfield,
Winnfield, LA* ***Dutch Oven***

- 1 (16 oz) bag frozen hash browns**
- 1 (10 3/4 oz) Cream of Celery Soup**
- 1 cup chopped onion**
- 1 (10 3/4 oz) Cream of Chicken Soup**
- 1 (14 oz) can chicken broth**
- 2 cups milk**
- 3 cups water Salt and Pepper to taste**

Combine frozen hash browns, onion, chicken broth and water in dutch oven and simmer 30 minutes. Use less water for thicker soup. Stir in undiluted soups, milk, salt and pepper. Heat thoroughly. Serves 10-12.

Camper's Crumble

- 1 16 oz. package of oatmeal cookie mix**
- 1/2 cup (1 stick) butter, melted**
- 2 21 oz. cans apple pie filling**

Lightly oil or spray 10 inch dutch oven.

Spread pie filling in bottom of prepared oven.

In medium bowl, combine cookie mix with melted butter.

Sprinkle cookie batter evenly over pie filling.

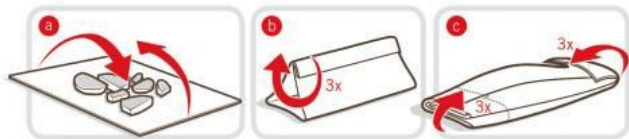
Bake at 350 degrees for 20-25 minutes or until fruit is bubbling and topping is brown and golden. In a 10 inch oven with 10 coals in a ring around the bottom and 20 briquettes on the lid, in 20 minutes. For a 12 inch oven use one package of cookie mix with three cans of pie filling and in a 14 inch oven, double everything. Use any flavor pie filling and add cinnamon or nuts to the cookie mix if you want to dress it up a bit. Makes 6 servings.

Dinner Items: Foil Meals

Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water.

Drugstore wrap: *Not Drug Rap..*

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 Tbsp. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.



Best results are to use the flat foil pouches on a grill, an inch or 2 over the coals

Bobby's Envelope method

Use Extra Heavy-duty Aluminum foil. Cut off a sheet and fold in half. Fold the sides in about 3 times, forming an envelope. Write your name with permanent marker on envelope. Fill about half full with your meat, veggies, and potatoes, etc. Add 2-3 tablespoons of water for steam. Then fold the top over 3-4 times to form the seal. Stand these envelopes up on the coals.



APPENDIX C—SEALING FOOD IN ALUMINUM FOIL

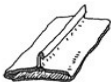
1. Cut piece of foil that will be large enough to make your seal. If you are using regular, not heavy-duty, foil, have a piece large enough to fold in half for double thickness. A good idea is to cut one piece first and check the size before you cut all you need. Do not skimp on the amount of aluminum foil you use to make your seal.



2. Place food in center of foil.



3. Bring sides of foil up over the food loosely.



4. Fold the top half inch down on itself. This can be creased.



5. Fold the top down again on itself. Do not crease.



6. Fold the top down flat. Also press ends together.



7. Fold corners over, as shown by dotted lines.



8. Fold pointed ends over, about one-half inch, as shown by dotted lines.



9. Fold ends over again.



10. Put foil package on the coals.

Boy Scout Potatoes

*B. Powell?
FOIL*

Potato

Carrot

Small onion

Salt & Pepper

margarine

Slice the Potato into 1/4 inch slices. Peel and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 Tbsp. water. Seal the Wrap and place on coals for 45 minutes to an hour.

Baked Apple

FOIL

**1 apple per person,
1 tablespoon brown or white sugar per apple
optional raisins and red hots.**

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.



Mountain Melts

FOIL

Rolls (any kind)

Meat (thinly sliced)

Cheese (sliced)

Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Foil Pick-a-Meal

Here is a way to quickly multiply the variety in your meals. Pick one item from each column and follow the instructions below. Pick whatever sounds good to you.

1 pound ground beef	4 potatoes, chopped	4 carrots, sliced in sticks	1 7-ounce can mushrooms, drained
4 boneless chicken breasts	3 cups cooked rice	1 cup chopped broccoli	4 pineapple rings
4 hamsteaks	4 sweet potatoes, sliced	1 cup chopped zucchini	1 large apple, chopped
8 hot dogs	4 slices bacon, cut in 1-inch pieces	1 cup baked beans	1 cup salsa or
2 to 3 cups chili	2 cups corn chips	1 cup shredded cheese, any variety	1 medium tomato, chopped
1 12-ounce can tuna mixed into a 10 3/4-ounce can cream of mushroom soup, undiluted	12 ounces pasta (any kind), cooked	1 8-ounce can peas	1 cup diced celery

Adding the meat first, place the ingredients on a large double-thickness of heavy-duty aluminum

foil. (You can also make four smaller, individual-sized packets.) **(I use Bobby's envelopes)** Season with salt and pepper; or other seasonings. Fold and crimp foil, wright names on the outside with a Sharpie. Stand each packet on the coals. Cook until done, about 20 to 25 minutes. Carefully open the packets and check to make sure uncooked meats are thoroughly cooked before serving.

Complete Meal Troop 421 FOIL

**Meat Potatoes carrots onions corn
celery BBQ sauce seasonings**

Make a tightly sealed pouch with the foil, double layered. Place the veggies in foil, then the meat. Add sauce if desired. The trick to this meal is to use lots of veggies. They provide the moisture and flavor the meat.

Foil cooking times in minutes

Hamburger	8-12	Chicken pieces	10-30
Wieners	5-10	Pork chops	15-20
Whole potatoes	45-60	Ears of corn	10-15
Potato slices	10-15	Carrots	15-20
Whole apples	20-30		

1 can candied yams
1 can SPAM,
a pat of butter
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

Sue's Goulash *Ed Bailey* **FOIL**

1/2 cup of Minute Rice

canned chicken, beef, or chopped ham

dried onion flakes

dry seasoning, or gravy ingredients

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gravy ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

Cheese Potatoes in a Parcel

Annette Wolter

FOIL

1 Med. Potato, peeled and sliced

2 oz. Cheese cut in cubes

1 slice Bacon, diced

3 slices onion, separated into rings

1 tbs. Butter or Margarine

salt, pepper, paprika

Use a double thick piece of heavy duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes, sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully.

Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly. You can use dried diced onions and dried bacon, but add a few tbs. water.



Rice on the Coals

FOIL

1 1/2 cups minute rice

1/2 tsp. salt

1 1/2 cups water dash pepper

1 T. margarine

4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes.

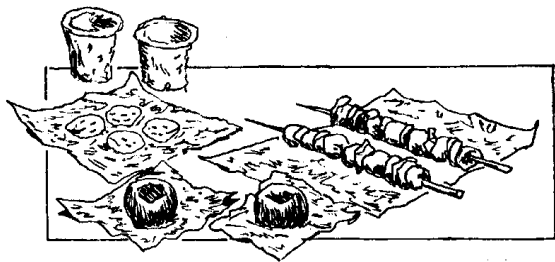
serves 4

Sauced Dogs *Ed Bailey* ***FOIL***

1/2 LB hot dogs
1/2 cup cheddar cheese
1 hard boiled egg
2 Tbs. chili sauce
1 Tbs. pickle relish
1/2 tsp. mustard
1/2 tsp. garlic salt

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt.

At camp spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)



filleted fish
lemon
onion
tomato
salt & pepper

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. **Chef's secret:** If your fish tend to be dry, add a can of tomato sauce.

Texas Tators

*Troop 421 **FOIL***

4 large potatoes

Chopped Beef (pre-cooked)

BBQ sauce

Cheese

Butter or margarine

Heavy duty Foil

Poke a few holes in the potatoes with a fork.
Wrap potatoes in foil and place on hot coals for about 1 hour, turning each 30 minutes. Mix BBQ sauce and pre-cooked beef. Heat Mix. When potatoes are done top with ingredients to taste.

Sweet, Sweet Potatoes (3-4 ser.)

Ed Bailey

FOIL

1 can sweet potatoes
margarine
maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Baden Baked Sliced Potatoes

Ed Bailey

FOIL

potato

salt, pepper, garlic salt

margarine

foil

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

*Drumsticks**Stick & Foil*

1 lb hamburger
salt & pepper
1 cup cornflakes
1 tsp. mustard
1 egg
1 tbsp. ketchup
1/2 chopped onion

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handfull around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Foiled Onions

Ed Bailey
FOIL

Large onion
margarine
salt & pepper
bacon
foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Hot Chicken Sandwiches

Ed Bailey
FOIL

1 can boned chicken
1 cup chopped celery
1/4 cup sliced ripe olives
1/4 cup shredded jack cheese,
1/4 cup mayonnaise
1 tsp. dry onion flakes
hamburger buns

Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

SPAM Hall of Cans (Fame)

A special place for that all purpose potted meat.

SPAM® Quesadillas

*Hormel
Griddle*

**1 (12-ounce) can SPAM Luncheon Meat,
chopped**

**4 cups shredded Monterey Jack cheese with
peppers**

6 (8-inch) flour tortillas

Guacamole and Salsa

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6

wedges. Serve with guacamole or salsa. Makes 18 appetizer servings.

NUTRITIONAL INFORMATION PER SERVING:

Calories 166; Protein 10 g; Carbohydrate 7 g; Fat 11 g;
Cholesterol 37 mg; Sodium 366 mg.

Hawaiian Rice

Fry Pan

1 can (7oz.) Spam

1-1/3 cups instant rice

1/3-1/2 cup flaked coconut

margarine

Melt 1 Tbsps margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

SPAM® Nachos*Hormel*

**1 (12-ounce) can SPAM Luncheon Meat,
cubed**

1 (10 1/2-ounce) bag Tortilla Chips

1 (15-ounce) can Refried Beans

1 (16-ounce) jar Salsa

**1 (8-ounce) package shredded Mexican
pasteurized processed cheese**

Heat oven to 425°F. Place chips on baking sheet.

Sprinkle SPAM over chips. In bowl, combine refried beans and salsa; pour over chips.

Sprinkle with cheese. Bake 6 to 7 minutes or until cheese is melted. Serve immediately.

Makes 10 appetizer servings

NUTRITIONAL INFORMATION PER SERVING:

Calories 361; Protein 16g; Carbohydrate 28 g; Fat 21g;
Cholesterol 48 mg; Sodium 1034 mg.



now in single serving pouch

SPAMBURGER Hamburgers *Hormel*

- 1 (12-ounce) can SPAM Luncheon Meat**
- 6 hamburger buns, split**
- 3 tablespoons mayonnaise or salad dressing**
- 6 lettuce leaves**
- 2 tomatoes, sliced**
- 6 (1-ounce) slices American cheese**

Slice SPAM into 6 slices (3 inches x 1/4-inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of buns with mayonnaise. Layer lettuce, tomato, SPAM, and cheese on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING:

Calories 405; Protein 20g; Carbohydrate 25 g; Fat 25g; Cholesterol 76 mg; Sodium 1280 mg.

SPAM-a-Rama MAC

T753

1 (12-ounce) can SPAM[®] Luncheon Meat

1 (12-ounce) Bag Macaroni noodles

1 can green peas

1 cup shredded Cheddar cheese, divided

1 cup shredded Monterey Jack cheese, divided

1 onion or dried onions

Cook the noodles in a large pot. While noodles cook. Cube the SPAM and brown with the onion in a skillet. Drain the noodles and add 2 tbsp. margarine and a cup of milk. Add the cheese and melt.

Then add the SPAM and onions.

Savory SPAM Crescents *Hormel***Skillet & Dutch Oven**

**1 (12-ounce) can SPAM Luncheon Meat,
cubed**

10 slices bacon, cut in small pieces

1/4 cup finely chopped onion

3 tablespoons grated Parmesan cheese

1 egg, beaten

2 tablespoons chopped fresh parsley

2 tablespoons Dijon-style mustard

**2 (8-ounce) packages refrigerated crescent
roll dough 1/8 teaspoon pepper**

Heat oven to 375°F. In skillet, cook bacon and onion until bacon is crisp; drain. Stir in remaining ingredients except crescent roll dough. Separate each package of crescent dough into 8 triangles. Spread top half of each triangle with SPAM mixture; roll up. Place on baking sheets.

Bake 12 to 15 minutes or until golden brown.
Serves 16.

NUTRITIONAL INFORMATION PER

SERVING: Calories 127; Protein 7 g;

Carbohydrate 6 g; Fat 9g; Cholesterol 34 mg;

Sodium 439 mg.

Maui SPAM Muffins*Hormel**Dutch Oven***4 English muffins, split and toasted****Butter or margarine****Prepared mustard****1 (7-ounce) can SPAM Luncheon Meat, thinly sliced****1 (15 1/4-ounce) can pineapple slices, drained****1 small green pepper, cut into 8 rings****1/4 cup firmly packed brown sugar****2 teaspoons water**

Heat oven to 375^o F. Spread muffins with butter and mustard. Overlap SPAM slices on each muffin half. Place a pineapple slice and a green pepper ring on each muffin. Combine brown sugar and water; spoon over sandwiches. Place muffins on baking sheet. Bake 10 minutes. Serve hot. Serves 8.

SPAM Breakfast Bagels***Hormel******Skillet*****1 (12-ounce) can SPAM Luncheon Meat****2 tablespoons butter or margarine****6 eggs, beaten****6 (1-ounce) slices American cheese****6 bagels, sliced**

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Remove from skillet; keep warm. In same skillet, melt butter; pour in beaten eggs. Cook and stir to desired doneness. Layer scrambled eggs, SPAM and cheese on bagel bottom. Cover with bagel top. Serves 6.

SPAM Fajitas

*Hormel
Skillet*

Vegetable cooking spray

1 green bell pepper, cut into julienne strips

1 (12-ounce) can SPAM' Luncheon Meat, cut into julienne strips

$\frac{3}{4}$ cup Salsa

$\frac{1}{2}$ onion, cut into $\frac{1}{4}$ -inch slices

8 (8-inch) flour tortillas, warmed

2 cups shredded lettuce

$\frac{1}{2}$ cup shredded hot pepper Monterrey Jack or Cheddar cheese

$\frac{1}{2}$ cup nonfat plain yogurt

Extra salsa, if desired

Spray large non-stick skillet with vegetable cooking spray. Heat skillet over medium high heat. Sauté green pepper and onion 2 minutes. Add SPAM, Sauté 2 minutes. Stir in salsa and heat thoroughly. Spoon about $\frac{1}{2}$ cup SPAM mixture into each flour tortilla. Top each with

1/2 cup shredded lettuce, 1 tablespoon shredded cheese, 1 tablespoon yogurt, and extra salsa, if desired. Serves 8.

NUTRITIONAL INFORMATION PER

SERVING: Calories 237; Protein 12 g;

Carbohydrate 23 g; Fat 11 g; Cholesterol 40 mg;

Sodium 625 mg.

The Original Baked SPAM *Hormel*

Dutch Oven

- 1 (12-ounce) can SPAM Luncheon Meat**
- Whole cloves**
- 1/3 cup firmly packed brown sugar**
- 1 teaspoon water**
- 1 teaspoon prepared mustard**
- 1/2 teaspoon vinegar**

Heat Dutch oven to 375°F. Place SPAM on rack in shallow baking pan. Score surface; stud with cloves. Combine brown sugar, water, mustard, and vinegar, stirring until smooth. Brush glaze over SPAM Bake 20 minutes, basting often. Slice to serve. Serves 6.

NUTRITIONAL INFORMATION PER SERVING:

Calories 156; Protein 9 g; Carbohydrate 12 g; Fat 8 g; Cholesterol 45 mg; Sodium 575 mg.

SPAM Hashbrown Bake

Hormel

Dutch Oven

1 (32-ounce) package frozen hash-brown potatoes, thawed slightly

½ cup butter or margarine, melted

2 cups shredded Cheddar cheese

1 (12-ounce) can SPAM Luncheon Meat, cubed

1 (10 1/4-ounce) can cream of chicken soup

½ teaspoon garlic powder

1 1/2 cups sour cream

1 teaspoon salt

1 teaspoon pepper

½ cup milk

½ cup chopped onion

¼ cup Diced Green Chilies, drained

2 cups crushed potato chips

Heat oven to 350^o F. In large bowl, combine potatoes, melted butter, salt, pepper, and garlic

powder. In another bowl, combine cheese, SPAM, soup, sour cream, milk, onion, and green chilies. Add SPAM mixture to potato mixture; mix well. Pour into 2-quart lined Dutch Oven. Sprinkle with potato chips. Bake 45 to 60 minutes or until thoroughly heated. Serves 8.

NUTRITIONAL INFORMATION PER
SERVING: Calories 705; Protein 21g,
Carbohydrate 41 g; Fat 53 g; Cholesterol 118
mg; Sodium 1447 mg.

*SPAM Breakfast Burritos Hormel
Skillet & Dutch Oven*

- 1 (12-ounce) can SPAM Luncheon Meat,
cubed**
- 1 tablespoon butter or margarine**
- 2 tablespoons milk**
- 6 (6-inch) flour tortillas**
- 4 eggs**
- 1 cup shredded Cheddar cheese, divided**
- 1 cup shredded Monterey Jack cheese, divided**
- Salsa or Taco Sauce**

Heat oven to 400°F. In bowl, beat together SPAM, eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, stirring, to desired doneness. Fill each tortilla with SPAM' mixture and half of cheeses. Roll burrito; place seam side down on 12 x 8-inch baking dish. Sprinkle remaining

cheese over top of burritos. Bake 5 to 10 minutes or until cheese is melted. Serve with salsa. Serves 6.

NUTRITIONAL INFORMATION PER
SERVING: Calories 430; Protein 25g;
Carbohydrate 20 g; Fat 28 g; Cholesterol 562
mg; Sodium 976 mg.

3 medium zucchini
1 onion, thinly sliced
1 tablespoon oil
1 (12-ounce) can SPAM Luncheon Meat
1 (16-ounce) can tomatoes
3 medium potatoes, peeled, sliced
½ teaspoon garlic powder
¼ teaspoon basil
½ teaspoon oregano

Cut zucchini in ½-inch slices. In large skillet over medium-high heat, sauté zucchini and onion in oil 5 minutes, stirring often. Cut SPAM into 8 slices; halve each slice. Add potatoes, carrots, and SPAM to skillet; pour tomatoes over all. Sprinkle with herbs. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Serves 8.

*SPAM Fried Rice**Hormel
Skillet*

- 2 eggs, beaten**
- 1 (12-ounce) can SPAM Luncheon Meat, cubed**
- 1/4 cup chopped green onion**
- 1/4 cup finely chopped mushrooms**
- 2 tablespoons oil, divided**
- 2 cups cooked rice**
- 3 tablespoons soy sauce**

In large skillet, heat 1 tablespoon oil. Add eggs. Cook, stirring, to desired doneness. Remove from skillet. In same skillet, heat remaining 1 tablespoon oil. Cook SPAM, mushrooms, and green onion 4 minutes or until vegetables are tender. Stir in rice and egg. Sprinkle with soy sauce. Heat thoroughly. Serves 4 to 6.

1 can SPAM
1/4 lb Bacon
1/2 Minced Onions
Parsley
1 can Boiled Diced Potatoes

Preparation:

Cut SPAM and bacon into bite size pieces. Saute bacon until brown. Add minced round onion until tender. Then add SPAM and boiled cubed potatoes, brown until SPAM and potatoes are golden. Add parsley and serve.

Hearty SPAM Breakfast Skillet
Hormel

2 cups frozen diced or shredded potatoes

½ cup chopped onion

¼ medium green bell pepper, cut into 1-inch thin strips

¼ medium red or yellow bell pepper, cut into 1-inch thin strips

2 teaspoons oil

1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips

1 (8-ounce) carton frozen fat-free egg product, thawed, or 4 eggs

¼ teaspoon dried basil

½ teaspoon salt

1/8 teaspoon pepper

6 drops hot pepper sauce

¼ cup shredded Cheddar cheese

In large non-stick skillet, cook potatoes, onion, and peppers in oil over medium high heat 5 minutes, stirring constantly. Add SPAM; cook and stir 5 minutes. In small bowl, combine egg product, basil, salt, pepper, and hot pepper sauce; blend well. Pour over mixture in skillet. Cover. Cook over medium-low heat 8 to 12 minutes or until set. Sprinkle with cheese; remove from heat. Serves 6.

NUTRITIONAL INFORMATION PER

SERVING: Calories 294; Protein 17 g;

Carbohydrate 17 g; Fat 18 g; Cholesterol 50 mg;

Sodium 725 mg.

*SPAM Meal in a Bundle**Hormel**FOIL***¼ cup firmly packed brown sugar****¼ cup stone ground mustard****¼ cup beer (non-alcohol)****½ teaspoon celery seed****8 new potatoes, sliced ¼-inch thick****2 cups carrots, sliced ¼-inch thick****1 onion, thinly sliced****1 (12-ounce) can SPAM Lite Luncheon Meat, sliced**

Heat oven to 375^o F. In bowl, combine brown sugar, mustard, beer, and celery seed. Divide vegetables and SPAM' on four 12-inch square pieces of foil. Drizzle mustard mixture over vegetables. Fold foil to form packets. Bake 45 to 60 minutes or until hot. Serves 4.

Spicy SPAM Kabobs

Hormel

¼ cup lemon juice

3 tablespoons minced onion

1 tablespoon olive oil

1 teaspoon dried leaf thyme

1 clove garlic, minced

½ teaspoon whole oregano leaves

¼ teaspoon red pepper flakes

1 (8-ounce) can pineapple chunks packed in light juice, drained

1 (1 2-ounce) can SPAM Lite Luncheon Meat, cut into 24 cubes

1 red bell pepper, cut into 1-inch pieces

4 cups hot cooked rice

16 pea pods

Combine first 7 ingredients in 9 x 12-inch dish. Wrap pea pods around pineapple chunks. Alternately thread SPAM cubes, pineapple

chunks, and bell pepper pieces on eight skewers. Place in dish with marinade. Cover and marinate 2 hours, turning occasionally. Grill kabobs over medium-hot coals 10 minutes, turning occasionally. Or, broil 5 inches from heat source 8 to 10 minutes, turning occasionally. Serve with hot cooked rice. Serves 4.

NUTRITIONAL INFORMATION PER

SERVING: Calories 536; Protein 22 g;
Carbohydrate 75 g; Fat 16 g; Cholesterol 68 mg;
Sodium 848 mg.

SPAM Jambalaya

Hormel

**1 (12-oz) can SPAM Lite Luncheon Meat,
cubed**

1 (10 3/4-oz) can low sodium chicken broth

1 cup chopped onion

2/3 cup chopped green bell pepper

½ cup chopped celery

2 cloves garlic, minced

1 (14 1/2-ounce) can tomatoes, cut up

2 tablespoons chopped parsley

½ teaspoon dried leaf thyme

6 to 8 drops hot pepper sauce

1 bay leaf

1 cup long grain rice

In large non-stick skillet or 3-quart non-stick
saucepan, sauté SPAM onion, green pepper,
celery. and garlic until vegetables are tender.
Add tomatoes, chicken broth, thyme, hot pepper

sauce, and bay leaf. Bring to a boil; stir in rice. Cover. Reduce heat and simmer 20 minutes or until rice is tender. Discard bay leaf. Sprinkle with parsley. Serves 6.

NUTRITIONAL INFORMATION PER

SERVING: Calories 261; Protein 13 g;

Carbohydrate 32 g; Fat 8 g; Cholesterol 45 mg;

Sodium 850 mg.

SPAM Fajitas
T928

Patrick Welch
Skillet

1 can SPAM, sliced into 3/8" strips,
1 small onion, sliced,
1 green pepper sliced
Salsa,
10 flour tortillas

Fry the SPAM, onions and peppers. Add the Salsa. Heat the tortillas and spoon on the Mixture. Roll and eat.

SPAM on a Stick

Unknown Desperate Soul

1 can (7 oz) SPAM

Cut SPAM into 6 long spears, place on sticks or long fork and cook over open fire. Top with brown mustard or Grey Poupon.

Healthy SPAM Peppers

Hormel

**1 (12-ounce) can SPAM Lite Luncheon Meat,
cubed**

2 cups shredded cabbage

1 cup shredded zucchini

1 onion, shredded

1 carrot, shredded

2 cloves garlic, minced

1 ½ tablespoons chopped fresh basil leaves

1 teaspoon dried oregano

½ teaspoon red pepper flakes

1 (28-ounce) can diced tomatoes

1 ½ cups instant rice

1 tablespoon brown sugar

8 bell peppers, cored and seeded

In skillet over medium-high heat, sauté SPAM until lightly browned; remove from skillet. Add cabbage, zucchini, onion, carrot, garlic, basil,

oregano, and red pepper flakes to skillet. Cook over low heat 10 minutes or until vegetables are crisp-tender. Drain juice from tomatoes; reserve juice. Add enough water to tomato juice to make 2 cups. Add juice, tomatoes, SPAM, rice, and brown sugar to vegetable mixture. Cover. Cook 10 minutes. In large saucepan, boil bell peppers in water 5 to 7 minutes or until crisp-tender. Drain. Fill peppers with SPAM mixture. Serves 10.

NUTRITIONAL INFORMATION PER**SERVING: Calories 215; Protein 11g;****Carbohydrate 30 g; Fat 7 g; Cholesterol 34 mg;****Sodium 444 mg.**

Ham 'N Green Bean Bake

Ed Bailey
FOIL

Combine 1 1/3 cups minute rice
1 cup diced ham or SPAM,
1 can (8 oz) drained green beans
1/3 cup mayonnaise
2 tsp. dry onion flakes.

Stir in 1 1/3 cups hot chicken bouillon or
chicken soup. Sprinkle with grated **Parmesan**
cheese. Shape a triple thickness of heavy foil into
a bowl. Add mixture and seal. Leave over hot
coals for
30 minutes.(serves 3-4)

SPAM, I am

Sam

Pot and Fry pan

7 oz can SPAM

6 oz Egg and Spinach Noodles

1 can Cream of Mushroom Soup

1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I Dennis A. Schmitt
Camp

1 can SPAM, sliced and diced
1 cup Minute rice
1 can cream of Mushroom Soup.



Fry the SPAM in a deep skillet, add the soup and heat. Boil 3/4 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice.

Variations... wild rice, Cream of Corn Soup...

MAPS Chili

Fred Mertze

Fry Pan

1 can diced SPAM

1/2 onion or 2 T. dried onion flakes

4 oz. green chili

1 Tomato

garlic salt and pepper

1/2 cup cheese

1/3 cup water

Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

Pepsi SPAM

Dennis A. Schmitt
Pot

1 can SPAM

1 can Regular Pepsi not Diet
tortillas, bread or buns
cheese mustard

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel

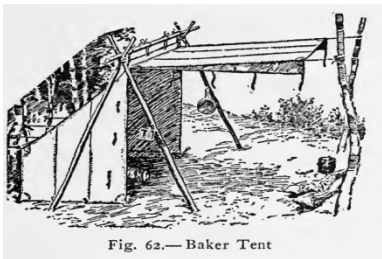


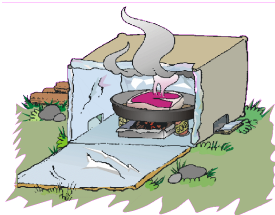
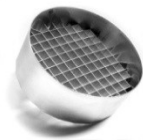
Fig. 62.— Baker Tent

taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

OK I'm full of chopped pork parts now

Camp Breads

Camp breads can be made in Dutch Ovens, on sticks, in fry pans, or other camping ovens. Steam baking uses a pot with an inch of boiling water below a steamer. A small pot, steamer bag, or silicone cup cake liners holds the batter. Breads for backpacking should be sturdy; like bagels, tortillas, or dense Logan breads.



Bannock

Ancient Trailperson's Standby

Canadian Native Americans and Scottish Fur Trappers

1 cup flour

1/3 tablespoon (1 teaspoon) baking powder

dash salt oil or margarine

water

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.

In the field: Put a little oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock

Modern Trailperson's Standby

6-8 tablespoons water

1 cup Bisquick buttermilk baking mix

3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag.

In the field: Put a 3-4 Tbsps oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire's flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.



*Rayado Biscuits****Dutch Oven*****Biscuit Mix Flour**

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 “, flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

3 cups flour (white or whole wheat)

1/2 cup chopped dried fruit

1/2-1 cup shelled nuts (walnuts, pecans, cashews, peanuts)

3/4 cup wheat germ

6 eggs

1/4 cup brown sugar

1/2 cup raisins

1/2 cup powdered milk

1 cup honey

2 Tbsps. Peanut oil

Mix dried ingredients, then stir in oil, honey and eggs. Spray a 9 x 5-1/3 x 2-2/3 inch bread pan with a non-stick coating. Pour in batter and tap the pan on the counter. Bake in a preheated 275 degree oven for 2 hours. Cool 10 minutes before taking out of pan. Yield: 18 slices.

Dan Beard Camp Bread

2 cups biscuit mix

1/2 cup plus 1 tablespoon milk

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.
2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

3 cups flour

3 tsp. Baking powder

1 tsp. salt

Cooking oil

Cinnamon and sugar, or jam

At camp add 1-1/2 1-2/3 cups water... just enough to form a biscuit dough consistency. Knead well until the dough is elastic and doesn't stick. (Have some extra flour available)
For 7-8 inch rounds, use a piece of dough the size of a lemon. Pat by hand into a flat round shape. Fry in deep fat, turning once. The bread should be crisp on the outside. Serve hot.

*Cimaron Cinnamon Rolls****Dutch Oven***

2 6-oz pkg. biscuit mix flour

1 cup brown sugar

3 4-oz raisins

cinnamon

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

*Quick Rolls**Linda Patrick***2¼ cups biscuit mix, divided****1 (8-ounce) carton sour cream****½ cup butter, melted**

In a large bowl, combine 2 cups biscuit mix, sour cream and butter. Stir well. Sprinkle remaining ¼ cup biscuit mix on a flat surface, breaking up any large lumps with a fork. Drop batter by level tablespoonfuls onto biscuit mix and roll into 36 balls. Place 3 balls into each of 12 greased muffin cups.

Bake in preheated 350-degree oven 20 to 25 minutes, or until rolls are golden brown. Makes 1 dozen.

Strawberry Bread from Linda Tubbs'
book EZ Breads Cookbook for RVers

2 cups unbleached flour 1/2 cup sugar
3 tsp. baking powder 1/2 tsp. salt
1/2 tsp. baking soda 1/2 cup chopped walnuts
1-1/2 cups fresh strawberries, mashed (with juice)
2 tbs. fat-free butter/marg.
1/4 cup egg substitute (=to 1 egg)

Directions: Preheat oven to 350. Butter two 8- or 9-inch loaf pans. In a large bowl, sift together dry ingredients; add nuts. Combine strawberries & butter in a separate bowl, add eggs & mix well. Add wet mixture to dry, stir just until blended. Pour into loaf pans; bake 55-60 min., or until bread tests done. (Note: Flavor will be better if covered & allowed to sit for a day. Great with cream cheese!)



Skillet Biscuits

From A Taste of Texas Ranching: Cooks & Cowboys. These are cooked on top of the stove and resemble campfire bread.

2 cups all-purpose flour

2 tablespoons sugar

1 teaspoon salt

7/8 cup milk

2 teaspoons baking powder

2 tablespoons oil

plus 1 tablespoon oil or butter

Mix flour, sugar, salt, milk, baking powder and 2 tablespoons oil; turn out on floured board and knead a few times. Shape into biscuits or make one large loaf. Heat remaining tablespoon oil in large skillet. Place dough in skillet and cook over low heat until brown on bottom, about 10

minutes. Turn over and cook other side about 10 more minutes.

Note: You might want to cover the skillet for the first 10 minutes to speed up the process and cook bread more evenly.



EASY BUTTERMILK BISCUITS

Southern Living Magazine - 1970's

Serving Size : 16

2 1/2	cup	Flour -- all-purpose
3	ts	Baking powder
1	t	Salt
1/2	ts	Soda
1/3	cup	Butter -- melted
1	cup	Buttermilk (needed to react with the baking soda for rising)

Combine flour, baking powder, salt, and soda. Add butter and buttermilk and stir to form a sticky dough. Knead a few times on a floured board to make a smooth ball. Roll out to 1/2 inch thickness. Cut into 2 inch rounds. Place biscuits on greased cookie sheets. Bake at 450 degrees for 10 to 12 minutes. Can be made in a Dutch Oven.

From 1916 boys life:

BREAD CAMP

Hoe-cake. This is an excellent form of camp bread. Take a Cup full of corn meal and add about half of teaspoonful of salt. Put it in a mixing dish or kettle and pour boiling water over it. The Water must be boiling hot so as to scald the meal thoroughly. The meal will swell and absorb the water so that it can be worked by the hands into a cake, as you would make a snowball. Judgment is required to add just enough water to thoroughly scald the meal without making it too thin to work with the hands. The cake is then baked in the embers in the manner described for potatoes under the second class test.

Camp biscuit or bannock. Put a pint of flour into the mixing pan. A large tin Cup holds just

about a pint. Add one and a half heaping teaspoonfuls of baking powder and a half teaspoonful of salt. Mix these together very thoroughly while dry. The success of the biscuit depends upon thorough mixing before adding water. With the spoon make a hollow in the middle of the pile like the crater of a volcano, and into this pour a little water. If you can get milk, half milk and half water will make a better bannock. Stir this into the flour, taking care to avoid lumps. Add a little more- water and stir again, using the crater in the flour as a bowl. As water is added to the flour will gradually be worked off the sides of this crater until it is all mixed in. Make the dough just stiff enough to be handled. The softer the dough the lighter the biscuit. Work it into cakes half an inch thick with hands covered with flour, put into a greased pan and bake in the reflector. Bannock is made precisely like biscuit, but it is baked in the frying pan. Have the frying pan hot and well greased

and drop the dough into it, making a cake one-half an inch thick. Hold over the fire where it is not too hot and let it bake until it has risen well and is stiff enough to hold its shape when the pan is turned on edge. Then stand the pan edgewise in front of the fire, propped up by a stick, to bake the top. In order to bake properly the fire should be well banked against the back log or a rock. The bannock must be baked slowly to cook it thoroughly through and make a nice brown crust. This method requires practice, but when mastered makes excellent bread.

Johnny cake. This is one of the best and most nourishing kinds of camp bread. put half a pint of flour and half a pint of corn meal in the mixing pun. Add one and one half heaping teaspoonful's of baking powder and half a teaspoonful of salt. Mix together very thoroughly while dry, then add water, or better still, half milk and half water, as described under bannocks. For Johnny cake,

however, the mixture should be thinner, so that it can just be poured into the baking pan. If it is' stiff the bread will be gritty and crumbly.

Bake in the pan of the reflector or in the frying pan like' an ordinary bannock. It should be baked quickly at the start to make it rise well, after which it may be finished more slowly until thoroughly done through. A tablespoonful of sugar added to the batter will help it to brown.

By HORACE KEPHART

"The less a man carries in his pack, the more he must carry his head. A camper cannot go by recipe alone. It is best for him to carry general principles in his head, and recipes in his pocket.. The simpler the outfit, the more skill it takes to manage it, and the more pleasure one gets in his achievements."

Drinks

Hot Chocolate Drink Mix

- 1 lb. instant powdered milk**
- 1/2 lb. powdered sugar or regular**
- 1/2 lb. powdered coffee creamer**
- 1@ 1 lb. can of Nestle's Quick**



Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot Cocoa Mix



1/3 cup cocoa

1/2 cup sugar

1 1/3 cup instant nonfat dry milk

**2 tbsp. non-dairy creamer powdered
dash salt**

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

2 cups hot water

1/4 cup unsweetened cocoa powder

1/8 tsp. ground nutmeg

2 cups Pet® Evaporated Milk

1/4 cup sugar

6 large marshmallows

1/4 tps. salt

1/4 tsp. ground cinnamon

3/4 tsp. vanilla



In heavy saucepan, mix hot water, cocoa, sugar, salt, cinnamon, and nutmeg. Cook over medium heat until mix comes to a boil. Stir frequently. Boil 5 minutes, stirring frequently. Reduce heat and add evaporated milk and marshmallows. Heat slowly until marshmallows dissolved. Add vanilla. Remove from heat and beat 1 minute with beater. Serve.

Hot TANG



Mix TANG in a cup of hot water for a different breakfast drink. Please cool any hot drink to prevent scalding

Pine Tea

Euell Gibbons

Take **fresh broken** pine needles (brown ones don't work) and steep for a few minutes in a cup of boiling water. Remove the needles. Cool down to warm. Rich in vitamin C, but it is an acquired taste.

Swamp Water



2 packages Grape Kool Aid

2 Packages Lemon-Lime Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Cockerall River Water



2 packages Cherry Kool Aid

2 Packages Orange Kool Aid

Mix and add water, pre-sweetened or add the sugar.

Hot JELL-O



Mix 1-2 Tbsp. JELL-O in a cup of hot water for a different breakfast drink. Cheery, Lime, and Orange are good to try.. **Beware not to drink boiling water.**

Maxwell's Chocolate Bar



1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.





Cowboy Coffee

1 cup water for each cup of coffee

1 tablespoon ground coffee for each cup.

In a 2 quart pot place the water and coffee. Cover and bring to a near boil. Remove from heat and set for 5 minutes. If grounds have not settled then add a splash of cold water. The grounds should sink to the bottom. If not then strain with mustache. Test by offering to Scoutmaster.



Special Cooking

Special cooking refers to cooking using spits, paper bags, food in its own container, and other novelty type cooking. I will defer to selected readings. Pie Irons, Roasting forks, and Kabob skewers will be in this category. 

Dutch Oven Cooking, John G. Ragsdale

- * Camper's Guide to Outdoor Cooking, John G. Ragsdale,

- * Outdoor Skills Instruction, Cooking, BSA

- * Venture manuals Winter Camping, Backpacking, BSA

- * Woods Wisdom, BSA

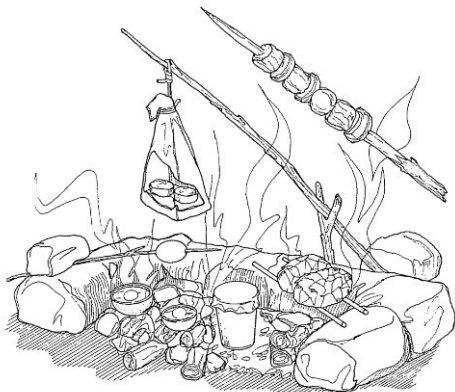
Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Gibbons, Euell, 1970, Stalking the Wild

Asparagus

Thomas, Dian, 1994, *Roughing It Easy*; 2nd edition.,





Brown-Bag Biscuit

Saturate bottom and sides of paper bag with cooking oil. Place prepared dough in bag and heat. Bag should hang high enough not to burn but low enough to receive good heat.

Egg on a Stick

Pierce small holes in egg and pass stick through egg. Heat over coals. Be sure the stick is from a nonpoisonous plant. Avoid holly, yew, elm, or laurel.

Kabob

Skewer 1-inch cubes of meat. Sear meat until brown. Remove from stick. Then add onions, green pepper, and tomatoes between meat. Broil over coals. Turn occasionally until done.

Orange or Onion Shell Eggs

Cut orange in half and remove fruit. Crack egg into peel and place directly on coals. Do the same using a hollowed onion for onion-flavored eggs.

Paper Cup Rice

Rinse half a cup of rice and add water to just below top of cup. Seal top with aluminum foil and place close to coals but not directly on the coals. Use unlined, unwaxed cups.

Hot Potatoes

Wrap cleaned potato in aluminum foil and place over strong heat. Bake approximately 1 hour, turning side to side occasionally. Stick a knife or fork into potato to check doneness.

Campfire Bacon

Skewer

Skewers – soak in water if wooden

Bacon

Knife

Campfire coals

Cut bacon strips into squares and pierce on the skewers. Place on campfire grill, and turn 5-10 minutes. Watch for grease flare-ups'



Twist on a Stick old time favorite

1 cup Bisquick mix

Water

cinnamon sugar



Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out).

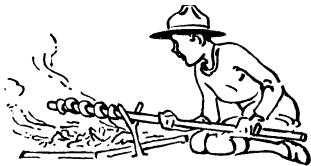
Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

This was a requirement for 1st class in early 1914, although you made it from scratch.



Cinnamon Rolls on a Stick **tube of refrigerated Cinnamon rolls**

Using a thick green stick about 1 inch in diameter, wrap the dough for a cinnamon roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll off the stick and spread with icing from the Tube. plan for 1-3 rolls per scout.



Bread can be made without any oven at all. Twist the dough around a stick and bake it over glowing embers.

Crescent Rolls on a Stick

Modern time favorite



tube of refrigerated Crescent rolls
Butter or margarine
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll off the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per scout.

Pie Iron Ideas

Basic Instructions

1. Place a slice of bread, buttered side down, on lower half of cooker. Spoon fruit, meat, or other filling on center of bread (see recipes).
2. Place second slice of bread, buttered side up, on top of fillings. Latch hand; trim off excess bread if necessary.
3. Toast over campfire, fireplace or BBQ until golden brown on both sides. This will give you a delicious snack in 4 to 6 minutes.

Grilled Cheese One of the basic Pie Iron recipes. 2 slices of buttered bread with cheese in the middle. Master the toasting, and then start adding other meats and fillings.

Fruit Pies Use canned pie fillings or home-made jams/jellies. Place fillings between two slices of buttered bread and sprinkle with sugar.

Pizza Pies Place slice of pizza crust or bread in cooker cavity and put a layer of pizza sauce on the bread. Add pizza toppings of your choice, including mozzarella cheese. Top with a second slice of pizza crust or bread.

Empanadas and Samosas Line cavity of pie iron with prepared pie crust or egg roll. Add thinly sliced onions, fresh garlic, and Monterey jack cheese.

To make Indian style Samosas, fill the above with peas, diced potatoes, diced carrots and a dash of curry powder or garam marsala mix.

Chocolate Croissants Using packaged “crescent rolls,” open package and remove two of the precut triangles of dough. Take one triangle and fill center with milk chocolate baking chips or your favorite candy bar, place second triangle on

top, press edges together to form a sealed turnover pastry.

Pepper Jack Biscuits Mix 1 cup flour with 1/2 cup shredded pepper jack cheese, dash of salt. Add 1/3 cup of olive oil, a bit of water and mix into a ball. Form into biscuit, 1/4" thick, sized to fit pie iron. Place into pie iron and cook for approximately 4 minutes on each side.

Corn Bread Prepare mix according to directions. Into a well greased pie iron, fill cavity about 1/3 with mix. Bake over very low heat until done.

Fried Potatoes and Onions Place slices potatoes in pie iron, salt and pepper to taste. Add chopped onions and olive oil or butter.

Eggs Add scrambled eggs to pie iron. Add ingredients such as cheese, onions, peppers, etc.

Hot Ham & Cheese Place sliced ham and cheese on buttered bread. Add mayonnaise or mustard and cover with second slice of bread.

Sloppy Joes Use canned, pre-cooked sloppy joe mix or make your own ahead of time with cooked hamburger, BBQ sauce and onions.

Reuben Sandwich Between buttered pumpernickel or rye bread, place cooked corn beef, canned sauerkraut and Swiss cheese. Include Thousand Island dressing for dipping.

Calzone Lightly coat the cooking cavity with olive oil. Using either prepared pastry crust or pie dough, line the inside cooker cavity. Fill with tomato paste or pesto, ricotta cheese, garlic and sliced charred red pepper strips. Pre-cooked meats can also be added. Seal and cook over low heat.

Meat Loaf Coat inside of pie iron with olive oil. To 1/3 lbs of hamburger add onions, bread crumbs, BBQ sauce and spices. Make patty sized to fit cooker cavity, close and cook over medium heat. Because of grease drippings, never use this recipe indoors.

Grilled Steak Use no bread. Cut sirloin or cube steak into strips. Add olive oil, spices, mushrooms, green peppers and chopped onions. Be careful of dripping grease.



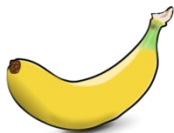
Campers Pizza Pie

Pie Irons

1 lb Wheat bread
pizza or spaghetti sauce
1/4 lb Mozzarella cheese
8 oz .Pepperoni

DIRECTIONS Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

Just Desserts



Baked Bananas

Ed Bailey **FOIL**

Do not peel the bananas, but cut off the end tips to keep from breaking the foil. Slit the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M&M's , brown sugar, chocolate bar squares, wheat germ, mini-marshmallows. Place on heavy foil and wrap tightly. Heat over coals 10-15 minutes.

Trail Cobbler *John G. Ragsdale*
Dutch Oven



2 cups biscuit mix
1 cup margarine
2 cups sugar
1 can fruit, drained
2 cups milk or water

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour.

Serves 8.

?? Trail and Dutch Oven does seem to be a question. But at Philmont the Rangers leave a DO positioned on the trail to use. A little pre-thinking goes a long way.

*Apple Rings**Ed Bailey****FOIL***

For each serving, place **3-4 thick apple slices** in **heavy double foil**. Sprinkle with **brown sugar** and **grated orange peel**. (just the zest, not the pulp) Dot with margarine and seal. Cook over low coals 10-15 minutes.

*Pineapple Inside Cake**Pie Iron*

Slice open **one cake donut** coat both side with **butter** (coat it a little heavier on the inside). Place **one pineapple ring** covered with **1 tablespoon of brown sugar** in between the donut. Place in pie iron and cook!

*Chocolate Cherry Marsh**Pie Iron***Veg Spray****Bread slices****Chocolate squares****Cherry Pie Filling****Marshmallow**

Spray both side of iron with non-stick spray or coat with butter, place bread on one side. Place 2 Hersey's chocolate squares on bread, cover with a spoonful of cherry pie filling. Add a marshmallow on top, cover with 2nd piece of bread, close iron and cook until golden brown.

Philmont Dutch Oven Peach Cobbler

2 large cans of sliced peaches in syrup

2 cups of Bisquick

1 handful of red hots

some water

12" dutch oven

1-2 tablespoons of ground cinnamon



Dump one can of peaches with syrup into the dutch oven. Save the syrup from the other can and dump only the peaches into the dutch oven. Put the dutch oven onto coals and bring the peaches and syrup to a boil. Meanwhile, mix the Bisquick & cinnamon with syrup from the peaches. Syrup should be added until the dough comes off the spoon in a ribbon. Use water if there is not enough syrup (water is often needed). When the syrup in the dutch oven is boiling sprinkle 20 or so red hots into the syrup. Spoon

the dough onto the top of the syrup and peaches. Cover the peaches completely but don't let the dough touch the sides of the dutch oven. Sprinkle the rest of the red hots on top of the dough. Put the top on the dutch oven and cook with coals on the bottom and top. Check for doneness like a cake with a toothpick or semi-clean stick. The dough takes 15-30 min to cook depending on heat of the coals. Change coals if they look like they are cooling off. Serves 8-10.

Cherry Brownie Cobbler

Bobby Hale

Dutch Oven

1 Brownie Mix plus egg and oil per mix instructions

1 can cherry pie filling

¼ teaspoon almond extract



12 “ Dutch oven

9” cake pan to fit in the oven

Gallon zip lock freezer bag

Dump the cherry pie filling into pan. Mix in almond extract. This makes it taste like cherries. Mix brownie mix in zip lock bag. Make sure the egg is well mixed so you don't end up with a lump of egg white in the finished cobbler. Pour this over the filling in the pan. Bake with 10 briquettes on bottom and 14 on top.

When you think it is done, poke around with fork to make sure it is done all through.

Rotate the lid and DO every 15 minutes to reduce hot spots.





Place a peeled and cored **apple** on a double square of **heavy foil**. Fill center with 1 T crushed **pineapple** and **raisins**. Sprinkle generously with **cinnamon sugar**. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.



or add blueberries

Fruit Compost *I. B. Wisenheimer*
OnePot

1 cup dried fruit bits

1/2 cup sugar

1 teaspoon cinnamon

graham cracker



Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Dutch Oven cake



1 box cake mix (your choice)
2 cans fruit pie filling margarine
eggs if needed for cake

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.

Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

combinations:

Chocolate cake and cherry pie filling

Yellow cake and peach pie filling with
maraschino cherries (no steams)

White cake and apple pie filling with cinnamon



Civil war vintage



Choco-Chip Pie

1 graham cracker crust pie shell

1 package instant chocolate pudding and pie filling

Cool Whip instant Mix

1/2 cup chocolate chips (or pick out from your GORP)

dried milk powder.

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp.

Serves 6



S'mores
1920's Campfire Girls

**Graham crackers
marshmallows,
Hershey's chocolate
bars**



and one campfire.

Place large marshmallow (not the mini's) on a long peeled green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have *SomeMore*.

TOXIC CHOCOLATE PUDDING CAKE

B. Hale

Dutch Oven

This is so rich, it is not recommended for people with heart conditions...



Utensils: 12" Dutch Oven

Spoon

Aluminum Casserole Baking pan that will fit in Dutch Oven

(spring form pan will work if it seals good)

Mixing bowl

small pan to heat hot water

CAKE: 2 cups Bisquick

1/2 cup cocoa (unsweetened)

2 cups Eagle Brand condensed milk

1/2 cup chocolate syrup

2 teaspoons vanilla extract

PUDDING: **1 cup chocolate syrup**
1 cup very hot water
left over Eagle Brand milk from 2 -14 oz cans

Cake: Mix together biscuit mix, cocoa, 2 cups Eagle Brand milk and vanilla. Pour evenly in baking pan.

Pudding: mix left over Eagle Brand milk, 1 cup chocolate syrup and 1 cup almost boiling water. This looks real runny. Now, CAREFULLY pour this over the cake batter without disturbing it as much as possible. DO NOT STRIR.

Bake until center is set.

Don't put too much heat on bottom, no more than 5 or 6 coals. Don't bake too long, as pudding will get too thick. When done, pudding will be on the bottom.



Skillet Pudding ***Ed Bailey***

1 can evaporated milk

1/4 cup sugar

3/4 cup water

3/4 cup instant cocoa mix

10-12 Graham crackers, cookies...



Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

Here Come the Fudge

Eagle Brand

Double Boiler

1 12 oz. package semi-sweet chocolate chips

1 teaspoon vanilla extract

1 cup peanut butter chips

**1 14 oz can Eagle Brand Sweetened
condensed milk**



In a double boiler or heavy saucepan over low heat, melt the chocolate chips, vanilla extract, and sweetened condensed milk. Stir frequently. Remove from heat and add peanut butter chips. Stir to distribute, not to melt. Spread evenly into foil lined 8 inch square pan and chill in ice box for 2 hours or until firm. Turnover on cutting board and peel off foil. then cut into squares and protect from temptation.

*Termite Pie**Ed Bailey
Skillet***1 box cake mix****2 quart zip lock bag****1 cup raisins 2 T. vegetable oil**

Need a sweet item for breakfast or night time snack? Mix a cake mix in a zip lock bag following directions on box, BUT use only 1/2 the suggested water. Add 1 cup of raisins (termites). Oil a small skillet or mess kit; pour in 1 cup of cake mix for a mess kit , 2 cups for a small skillet; cover pan; fry slowly, very slowly; flipping the pie when the top of the pie starts to set (dry out); cook a few more minutes and then count the termites as you eat.

Instant Pie

Dennis A. Schmitt

T928

No-Cook

**1 box instant pudding mix,
1/4 cup instant milk
graham crackers.**



Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

1/2 cup sugar
3/4 cup light Karo Syrup
waxed paper
1 cup Peanut Butter
6 cups Corn Flakes
shortening



Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper.

Variety: add 1/4 cup miniature chocolate chips.

Joy said this was an old family recipe, but I think her mom got it from the Corn Flake Box.



Mock Coconut Angel Cake



6 thick (3/4- to 1-inch) slices bread
14 ounces sweetened condensed milk
(make your own with equal portions milk,
powdered milk, and powdered sugar)
1 cup shredded coconut

Cut bread slices into fourths. Dip the squares in the milk, then roll in the shredded coconut. Pierce the prepared square with a two- pronged fork and toast over the fire coals until lightly browned. Reverse position of the bread to brown both sides. Be careful, as these burns easily.
Yield: 24 squares

*Cranberry Walnut Torte John Brogan
Dutch Oven*

Ingredients

Fresh cranberries, washed (2 cups)

Sugar (3/4 cup)

Walnuts, chopped (1/4 cup)

Egg (1 large size)

Flour (1/2 cup)

Butter, melted (1/2 cup)

Directions:

1. Grease the bottom and sides of an 8 inch pie plate. Spread out evenly in the pie plate the cranberries, 1/4 cup of the sugar and walnuts.
2. In a small bowl, beat the egg and gradually add the remaining (1/2 cup) of sugar.
3. Add the flour and butter to the egg mixture all at once and beat well.

4. Pour the batter over the cranberries and tap the pie plate on table top to get rid of air bubbles. Place the pie pan on a trivet or support up from the bottom of the 12" Dutch Oven. Bake at 325° for 45 minutes.



Campfire Eclairs by John Brogan

Special Cooking

Ingredients:

Refrigerated crescent rolls

Snack pack pudding (vanilla, chocolate or chocolate caramel)

Chocolate frosting

Spray whip cream

5/8" wooden dowels

Directions:

1. Take wooden dowel and coat cooking end with oil. Wrap crescent roll around top and about 4" down dowel. Make sure it's not too thick and doesn't have any holes.
2. Cook over hot coals until golden brown, not doughy. – not in the flames-
3. Remove from dowel and put your favorite flavor of pudding inside.

4. Frost top and add whip cream.



Chocolate Eclair Dessert

Mary Louise Giamfortone



**2 (4-serving-size) packages French
vanilla instant pudding 3 cups milk
1 teaspoon almond extract
1 (8-ounce) tub frozen nondairy whipped
topping, thawed
1 ((1-pound) box graham crackers (will have
extra) Chocolate Icing (recipe follows)
Maraschino cherries, halved,
and chopped pecans for garnish (optional)**

Combine pudding mix, milk and extract in a large bowl. Blend in whipped topping. Butter the bottom and sides of a 13-by-9-by-2-inch cake pan and line bottom with whole graham crackers. Cover with half the pudding mixture. Layer whole graham crackers on top of pudding. Spread remaining pudding mixture on top of

graham crackers. Arrange another layer of graham crackers on top of pudding. Cover with Chocolate Icing and refrigerate, covered, 24 hours. Garnish with cherries and pecans. Makes 12 generous servings.

Chocolate Icing

6 tablespoons unsweetened cocoa powder

5 tablespoons butter, softened

3 tablespoons each: light corn syrup and milk

1 teaspoon vanilla extract

1 1/2 cups sifted powdered sugar

Mix cocoa powder, butter, corn syrup, milk, vanilla and powdered sugar in electric mixer until smooth; spread on top of graham crackers, sealing well to edges.



Georgia Peach Cobbler



- 8 peaches, sliced (about 6 cups)**
- 1 1/4 cups sugar, divided**
- 2 tablespoons lemon juice**
- 1/2 teaspoon almond or vanilla extract**
- 1 1/2 cups flour**
- 1 1/2 teaspoons baking powder**
- 2 large eggs, beaten**
- 8 tablespoons (1 stick) butter, melted**
- 1 tablespoon brown sugar**
- 1/2 teaspoon ground cinnamon**

Preheat oven to 350 degrees. In bowl, mix peaches, 1/2 cup sugar, lemon juice and almond extract. Transfer to a 2-quart baking dish. In a clean bowl, mix flour, remaining 3/4 cup sugar, baking powder, beaten eggs and melted butter until moist but still lumpy. Do not overmix. Spoon topping over peaches. Sprinkle brown

sugar and cinnamon over all. Bake 35 to 40 minutes, until golden brown. Let cool on rack.



Fruit Compote:

Thank you to RebeccaD

Mix **dried strawberries, blueberries, and cranberries in equal portions.** Put about **1/2 cup in a quart freezer bag.** Add **boiling water,** put in a cozy for 10 min and eat. Serves 2.



Apple or Fruit Crisp, for the Trail

Serves 1

OnePot

1 pkg instant oatmeal

Dash cinnamon



**3/4 cup dried apples – chopped or dried
peaches, or fruit bits**

1/8 cup flour

1/8 cup margarine

1/8 cup sugar

water

Place apples in a pot and cover with water to rehydrate. Mix oatmeal, cinnamon, flour, sugar, and margarine. Spread the crisp mixture over the apples and bake for 15-20 minutes.

Do not burn on the one burner stoves.
Move the heat or create a pot oven.

*Cherry Crisp**Dutch Oven*

- 2 cans cherry pie filling**
- 2 sticks butter -- melted**
- 1 box white cake mix**
- 1 3/4 cups nuts -- chopped**



Pour pie filling into a lined Dutch oven.
Sprinkle cake mix over top of filling. **DO NOT STIR.** Top with nuts. Pour melted butter over the top. Bake for 30 minutes.

Apple, peach, or any fruit filling can be used.

Peach Cream Pie

DAS

**1 graham cracker crust pie shell
1 package instant peach pudding
and pie filling**



**water for the pudding and instant milk,,, see
the box, depends on the size of box you got.
dried milk powder.**

**Dream Whip instant Mix & water for that
1/2 cup dried peach slices or 4 fresh peaches
(peeled & sliced)**

Rehydrate the peaches. Mix the pudding mix,
water, and milk. Let set for a few minutes and
then fold in the peaches. Pour into the crust.
Whip up the Dream Whip mix and top the pie.
Serves 6 or 1

Camp Ambrosia

Bobby Hale

1 pound cake
1 can crushed pineapple
Maraschino Cherries
1 container Cool Whip



Slice the pound cake, drain pineapple.
Mix pineapple into the cool whip and top on the cake. Top with a cherry.

You can add in other canned fruit like **Mandarin oranges, diced peaches, or fruit cocktail**. Add some nuts like chopped **walnuts** or **pecans**. **Mini-marshmallows** and **shredded coconut** can be added.

NEVER FAIL PEANUT BUTTER FUDGE



2 cups sugar

1 cup milk

pinch salt

2 tablespoons butter

1 teaspoon vanilla

3/4 cup crunchy peanut butter -- or smooth

Boil sugar, milk and salt for 10 minutes. Add butter. Continue boiling until mixture forms a soft ball in cold water. Remove from heat. Add vanilla and peanut butter. Beat until mixture starts to set. Pour quickly into buttered pan. Once it starts to set, it hardens fast.

Peace Pie



Angle Food Cake

Peaches

Whipped Cream (Dream Whip)

Layer slices of Angle Food Cake in a tin pie pan.
cover with peaches, Fresh, canned, or rehydrated
Top with whipped topping.

Optional cinnamon sprinkled on peaches



BACK COUNTRY DUMPLINGS

Posted by Joe Mergler

Here's my favorite backpacking dessert:

You Need

1 1/2 Cups Bisquick

1/4 cup sugar

1 TBS. Cinnamon

Some more sugar

Dried Fruit (Apples, Cherries or blue berries)



Directions:

When you make it into camp , take your dried fruit and start soaking it in water. The longer you soak the better (at least 3 hours) to rehydrate the fruit. Add a couple of Tbs. of sugar to the mix to sweeten the mixture. Boil and reduce heat to simmer. Mix Bisquick, sugar and cinnamon slowly add water until a thick dough forms.

"Glop" on top of the simmering sauce cover and

simmer 10 minutes. Mmmmmmmm
dumplings.....



*Gorp Cookies**At Home*

- 1 cup butter**
- 1 1/2 cup honey**
- 2 eggs, beaten**
- 1/2 tsp. salt**
- 2 tsp. vanilla**
- 1 tsp. baking powder**
- 1/4 cup powdered milk**
- 3 3/4 cup whole wheat flour**
- 1 cup sunflower seeds**
- 1 1/2 cup chopped peanuts**
- 1 1/2 cup raisins**
- 1 1/2 cup chocolate or carob chips**

At home, cream the butter until smooth. Beat in the honey, then beat in the eggs, salt, and vanilla. In another bowl, mix the baking powder, powdered milk, and flour; add to the creamed mixture and blend. Stir in seeds, nuts,

raisins, and chocolate or carob chips. Drop dough by teaspoonfuls onto un-oiled cookie sheets and bake at 375 degrees F for 10 to 12 minutes.



_____ Boy's Life 1911

Pistachio Pudding
ONEPOT

Jell-O

- 1 box instant Pistachio pudding**
- 2 cups cold water**
- 3 Tbs. powdered milk**



Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.



BACKCOUNTRY FRUIT TART

[Backpacker Magazine, July/August 1996]



1/2 cup freeze-dried blueberries

1/2 cup freeze-dried strawberries

1pkg. lemon pudding mix

4 pkgs. sponge cakes, individual size

1/2 cup slivered almonds

Hydrate the berries in the zipper-lock bag by covering with hot water. Set aside for 30 minutes. Prepare pudding following directions on the box. Top the sponge cakes first with pudding, then berries, and a sprinkling of almonds.

Chocolate Tortillas

A Swiss Miss From El Paso

Skillet

2 flour tortillas
chocolate bar or chips
mini Marshmallows
vegetable. oil



Heat skillet with oil, then add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

1910 kitchen kit: not that much different.



Fig. 70.—
Cooking Pot



Fig. 71.—
Pot Chain



Fig. 72.—
Coffee Pot



Fig. 73.—
Miner's
Coffee Pot

Apple Fritters *Wisconsin favorite*
Skillet

1 cup prepared pancake batter

2 large firm apples

Sugar

Cinnamon



Peel and core apples, then cut into wedges. Dip each wedge into prepared pancake batter. Fry in hot grease till golden brown. Drain on paper towels. Coat with cinnamon -sugar mixture while still warm



1 cup prepared pancake batter
2 large oranges
1 tsp grated orange rind (zest)



Peel oranges, then separate into segments. Remove any seeds. Add 1 Tbsp grated orange rind to the batter. Dip each wedge into prepared pancake batter. Fry in hot grease or oil till golden brown. Drain on paper towels. Serve with orange sauce or roll in sugar.

ORANGE SAUCE: 3 oz pkg softened cream cheese and 3 Tbsp orange juice or Spaceman's orange crystals. (Tang). Beat until smooth.

Blueberry Crunchies

Several cups of blueberries**Crisp ingredients****1 cup flour****1 cup oats****1 cup brown sugar****1 cup butter**

At home mix this together and cook in a glass flat dish for 30 minutes at 350 degrees. Divide and take what you need for the size of crisp you are making.

Mix your blueberries and a small amount of water with sugar to taste. Put this in bottom of your pan and sprinkle the crisp over it. Cook for 10 - 15 minutes or until the blueberries are soft.

Brown Bears in the Orchard

Dutch Oven

- 2 cans of apple pie filling**
- 1 Box of gingerbread mix**



Put the apple pie filling in the dutch oven. Mix up the gingerbread and drop by spoonfuls onto the filling. Cover and cook until the gingerbread is done.

Makes a cobbler-like dessert with a twist.



DAS 2010

Fruit Turnovers



1 tube Crescent Rolls

1 can fruit pie filling or chunky apple sauce.

1 beaten egg

foil lined cardboard oven or reflector oven

Lay out a triangle of crescent roll dough and place 1-2 tablespoons of pie filling in center. Brush beaten egg along the edges and lay a second piece of dough on top. press edges together. Bake for 10-15 minutes or until golden brown. serves 4

Fruit Bits Cobbler

Dennis Schmitt
ONEPOT



1 pkg. Jiffy cake mix
1/2 package Sunkist Fruit Bites
1/2 cup sugar
1 tsp. cinnamon

Mix the fruit bites, sugar and cinnamon with 2 cups water and stir. Heat to boil and reduce on simmer for 5 minutes. Mix the cake mix (small box) with 5-7 Tbs. water to make thick batter. Spoon onto fruit and cook about 10 more minutes on simmer. serves 3.

A package of Apple Cider drink mix works well too.

*Cherry Cobbler**Onepot*

1 pkg. Jiffy cake mix
1/2 cup dried cherries
1/2 cup sugar
1 tsp. lemon crystals
1 tsp. cornstarch



Mix the cherries, sugar, cornstarch, and lemon crystals with water to cover and stir. Heat to boil and reduce on simmer for 5 minutes in a cook pot with a tight fitting lid. Add more water if too thick. Mix the cake mix (small box) with 5-7 Tbs. water to make thick batter. Spoon onto fruit and cook about 10-15 more minutes on simmer. serves 3.

*No Bake Cobbler**Dan O' Canna**(danocanna@aol.com)*

After a few days of backpacking any hot desert is well received. Here is a generic recipe for a lightweight no-bake dish that will perk you up after a long cold day.

Dried fruit**Sugar****Water****Biscuit mix****Spices**

Match the spice to the fruit species. Cinnamon is great with apples and peaches. You may wish to try Allspice or Nutmeg, too/instead. Mix dried fruit with an equal volume of sugar in a cook pot with a tight fitting lid. Cover fruit mix with about two times volume of water. If the fruit is 1" deep in the pot add water to make a total of 2" water and fruit. Spice to taste. Simmer for about

15 minutes to rehydrate fruit. Mix biscuit mix with about 1/4 volume sugar and spice to taste. Add water and mix to make a soft dough. This can be done in a zipper type plastic bag. Add by spoonfuls to the top of the simmering fruit. Cover and cook on lowest heat for about 20 minutes. DON'T PEEK. Removing the lid while cooking can cause the dumplings to fall and become hopeless dough balls. Don't let the fruit scorch from too much heat. You may want to try this recipe at home to adjust the sugar and spices to suit yourself, before taking it on the trail. Two packages of dried apples and two cups of biscuit mix make enough for 4 hungry campers.

Peggy's Mother's Quick and Easy Peach Cobbler Crisp



1 stick margarine

1 cup flour

1 cup milk (use condensed or evaporated milk)

1 cup sugar

3 teaspoon baking powder

1 large can sliced peaches (or bring in dehydrated peaches and hydrate them before baking)

Cinnamon

Melt butter in large, high-sided fry pan. Mix flour, milk, sugar, and baking powder in a separate bowl. Pour out over melted butter in baking dish. Spoon peaches over mixture and sprinkle cinnamon for taste. Bake for about 30-45 minutes or until it looks done.

Bisquick Brand Cobbler

1 cup sugar

1 cup Bisquick baking mix

1 cup milk (use condensed or evaporated milk)

1 stick margarine

1 large can sliced peaches

Cinnamon



Melt margarine in a large, high-sided frying pan. Mix sugar, Bisquick, and milk in a separate bowl, then pour over the melted margarine. Drain the peaches. Place slices evenly in pan. Bake for 45-60 minutes. Remove from oven and sprinkle with sugar and cinnamon.

Old fashion chocolate brownies

This is what Mom used, but it's probably from Betty Crocker



2/3 cup butter or margarine

5 oz unsweetened baking chocolate, cut into pieces

1 3/4 cups sugar

2 teaspoons vanilla

3 eggs

1 cup all-purpose flour

1 cup chopped walnuts

1. Heat oven to 350°F. Grease bottom and sides of 9-inch square pan. In 1-quart saucepan, melt butter and chocolate over low heat, stirring constantly. Cool slightly. Double boiler works well here.

2. In medium bowl, beat sugar, vanilla and eggs with electric mixer on high speed 5 minutes.

Beat in chocolate mixture on low speed. Beat in flour a quarter at a time, just until blended. Stir in walnuts. Spread in pan.

3. Bake 40 to 45 minutes or just until brownies begin to pull away from sides of pan.

Cool completely in pan on cooling rack. For brownies, cut into 4 rows by 4 rows.

Top with a chocolate icing or caramel drizzle. And sprinkle with some more chopped walnuts.

BROWNIES *outback oven recipe*

1/4 cup butter,
2 Tbs. oil (or 2/3 cup oil)
3/4 cup sugar
1 tsp. vanilla
1/3 cup flour
1/4 cup cocoa powder
2 eggs (or 4 Tbs. powdered)
1/2 cup chopped walnuts



Mix all except flour, then add flour. Stir in nuts with a few quick strokes. Bake 15-20 minutes. It'll be soft in the middle and drier around the edges when done. Cool before cutting (if you can wait!).

DUTCH OVEN COBBLERS

Yield: 8 servings



2 can Fruit (peaches, cherries, pineapple, apricots)

1 can Sweetened condensed milk (we used Eagle Brand)

1 Box white cake mix favorite flavoring for fruit (cinnamon, almond, etc)

First, start fire early so as to have plenty of hot coals. ☺ Actually an oven set at 350 F will do in a pinch.

Then line a 4-qt cast iron Dutch oven with aluminum foil. If you're doing this on a bed of coals use the type of Dutch oven that has feet and a flat lid with a lip to hold the coals.

Mix fruit with about 1/2 Cup of the cake mix and choice of flavoring, put in the dutch oven. Mix the remaining cake mix and the can of Eagle Brand milk together and pour over the fruit/cake mixture.

Put cover on, place on top of a bed of coals and place a heaping shovelful of coals on top. Or put in oven. Cook for 45 min. to an hour (check after 40 minutes)

VARIATIONS Mixtures of fruits are delicious; cherry/pineapple, peaches/apricots, dark cherries/peaches. Anything that suits your fancy.

BP Turnoversposted by TrailHound

A few years back, a friend who's a backwoods chef type came up with this recipe and it's great! Ingredients are:



dehydrated apples (or you could substitute another fruit), **nutmeg, allspice, cinnamon, oil or butter** (I like the butter flavored Crisco sticks), and a **small can of grocery store biscuits** (don't get the "flaky" kind). The small cans have like 5 biscuits in them and travel well in cooler weather.

Rehydrate the apples using the spices at your discretion. Roll the biscuit out in a pan (you can make it fit most any pan, even a pot). Spoon a generous portion of apples in the middle and fold it over, crimping the edges with a fork. Fry it on both sides until golden brown and eat up...but watch out it's hot!

Apple crisp: *Sarah Kirkconnell*



At home:

Mix 1 cup rolled oats

1/4 cup toasted wheat germ

2 Tbsp butter

1 tsp cinnamon

1/4 cup brown sugar.

Spread on a cookie sheet and bake at 350* until crisp, watch to be sure you don't burn it.

Bag when cool.

In a second bag place:

1/4 lb. dried apples (or use about 2 cups dried cherries for cherry crisp)

1/2 tsp. cinnamon

a pinch of nutmeg

a Tbsp or so of sugar.

In camp:

Add 1.5 to 2 cups boiling water to the apples. Place in cozy for 10-15 minutes. When fruit is well-hydrated, divide into bowls, and sprinkle some of the crisp topping over each bowl.

Serves 2-4.

Sarah is the author of several backpacking cook books.



Cinnamon-Raisin Bread Pudding by Andrew Schloss

1 (16-ounce) loaf raisin-cinnamon-swirl bread, cut into 1-inch pieces

6 cups milk, divided

2 (4-serving-size) packages cook-and-serve vanilla pudding.

Preheat oven to 350 degrees. Toss bread pieces with 2 cups milk in a 13-by-9-by-2-inch baking dish. Let stand 10 minutes.

In a separate bowl, mix remaining milk with the pudding mix until smooth. Pour pudding mixture over soaked bread and toss lightly. Bake 1 hour, or until browned and set almost all the way into the middle. Remove from oven and cool on a wire rack at least 15 minutes before serving. Serve warm or chilled. Makes 12 servings.

Page for your own favorite recipes.....

Your favorite.....

Evaluation

After all the food is finished and the dishes cleaned, it is time for some evaluation by the patrol. This is done by the patrol and not the adults.

Sample Meal Evaluation Sheet

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

KP = Kitchen Police

AP = area police

Was the food good?

Was there enough food for everyone?

Was there not too much food wasted?

Did everyone get his fair share of food?

Was the duty roster posted and used?

Did everyone do his job without complaining?

Did everyone offer to help others with their jobs when they could?

- Was it a well-balanced meal?
- Did you say grace before the meal?
- Did you give your patrol yell?
- Is the patrol area clean after the meal?
- Was there enough water for the meal?
- Was there enough water to put out the fire?
- Was the fire prepared on time?
- Did you use a fire starter? Was it a "legal" fire starter?
- Was there a ready means for putting out the fire in case it got out of control?
- Was there enough firewood for the entire meal (without having to go get more)?
- Was the fire kept going through the meal until the KPs were through?
- Was the fire properly extinguished when KPs were done?
- Was the fire always attended (never left alone)?
- Was the fire the right size for the job?
- Did anyone who was not busy offer to help the fire/water crew?
- Was the meal prepared on time?
- Was the food warm when it was served?
- Did the cooks wash their hands before they started?
- Did the cooks have the food ingredient list for this meal?
- Did the cooks have all the food ingredients they needed?
- Did the cooks know how to prepare the meal?
- Were the cooks ready to cook when the fire was ready?

Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?

Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?

Was the fire right for cooking (not too cold or too hot)?

Were the outside of cooking pots soaped before they went on the fire?

Did the cooks serve the food?

Was the entire meal ready and served at the same time? Did the cooks have enough help?

Was a little water put in emptied pots to keep food from hardening?

Did the cooks make sure the kitchen area was clean when the meal was done

Did anyone who was not busy offer to help the cooks?

Was KP completed on time?

Was a sump hole used for the wash water?

Was the sump hole located in a proper place?

Was the wash water hot when the patrol finished eating?

Was there enough fire to heat the water quickly?

Did everyone AP his own personal gear?

Did the KPs AP the kitchen gear?

Was everything AP'd before it was washed?

Was the gear washed and rinsed properly?

Was the Dutch oven properly cared for?

Was the sump hole filled in if this was the last meal of the day?

Did anyone who was not busy offer to help the KPs?

Other things to consider are the Budget, and did the menu planning work.

Scoutmaster Rule #4

“Scouts should learn to find water, start a fire, and make coffee for the Scoutmaster.”

A. J. Anonymous

Additional Reading

* Available at a reasonable price at the Scout Shop

* Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA **revised 2015**

* Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Merit Badge books: Cooking, Camping, Backpacking

* Outdoor Skills Instruction manuals
Cooking, Camping, Backpacking

* Venture manuals Winter Camping, Backpacking, Canoe Camping

* Meeting Pamphlets Cooking

* Woods Wisdom

- * Boy Scout Roundtable Planning Guide
- * Fieldbook - Boy Scouts of America
- * Fieldbook - For Canadian Scouts

Larry Hoffman, 1993, **DUTCH OVEN COOKING**, old Rising Star district, SHAC, BSA, 22 pages

Michael H. Engelhardt, 1997, **The Campfire Gourmet's Guide to Backpacking Foods From The Supermarket**, Sam Houston Area Council Boy Scouts Of America, 37 pages

John Russo, 1998, **Dutch Ovens for Backpacking**, Rising Star Dist. SHAC, 16 pages.

Axcell, Claudia, 1986, **Simple Foods for the Pack**, Sierra Club

Baker, Harriett, 1977, Supermarket Backpacker, Contemporary Books, Inc.

Baker, Harriett, 1981, The One Burner Gourmet, Contemporary Books, Inc.

Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Fleming, June, 1986, The Well Fed Backpacker, Vintage Books

Gibbons, Euell, 1970, Stalking the Wild Asparagus

Thomas, Dian, 1994, Roughing It Easy; 2nd edition.,

Viehman, John, 1993, Trailside's Trail Food , Rodale Press

H. Gibbs Smith, 2004, Camp Cooking 100 years, National Museum of Forest Service History, 192 pages.

New Books:

Backpack gourmet : good hot grub you can make at home, dehydrate, and pack for quick, easy, and healthy eating on the trail, by Yaffe, Linda Frederick

Mechanicsburg, PA : Stackpole Books, c2002.
ISBN: 0811726347 (pbk.) 147 p

Camp cooking : a backpacker's pocket guide / Bill and Jo McMorris. by McMorris, Bill New York, NY : Lyons & Burford, c1988. 115 p..

Backcountry Cooking- From Pack to Plate in 10 Minutes The Mountaineers, Dorcas S. Miller
ISBN: 0-89886-551-4

More Back-Country Cooking- Moveable Feasts From the Experts, The Mountaineers,
Dorcas S. Miller ISBN: 0-89886-900-5

Campground cookery, by Brenda K. Kulibert;
1995, Explorer's Guide Publishing, Rhineland, Wi, 184 pages.

Trail Food: Drying and Cooking Food for Backpacking and Paddling (Paperback)
by Alan S. Kesselheim

Freezer Bag Cooking: Trail Food Made Simple (Paperback), by Sarah Svien Kirkconnell

Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry
(Paperback) by Laurie Ann March

Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips

(Paperback) by Christine Conners

Lipsmackin' Vegetarian Backpackin'

(Paperback) by Christine Conners (Author), Tim Conners

Dry It--You'll Like It! (Paperback) by Gen MacManiman

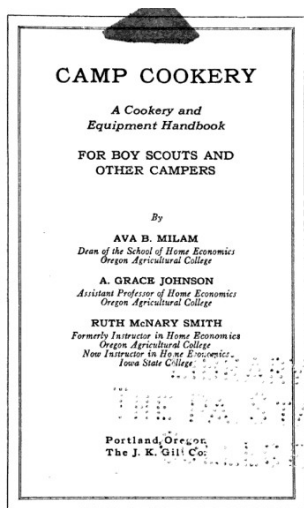
Boy Scouts of America's Deck of Outdoor Cooking cards, 2011, Boy's Life Magazine

Christine Conners and Tim Conners, 2012,
Scout's Backpacking Cookbook

Christine Conners and Tim Conners, 2012,
Scout's Dutch Oven Cookbook

Christine Conners and Tim Conners, 2008,
Scout's Outdoor Cookbook (Falcon Guide)

Sarah Kirkconnell, Matthew Kirkconnell, 2016,
Freezer Bag Cooking: Adventure Ready Recipes available on Amazon



a few bits of History:

1911 Boy Scouts of America

The **Cooking merit badge** was one of the original 57 merit badges issued by the Boy Scouts of America in 1911.

1910 Camp Cookery by Horace Kephart is printed.

1909 The word “spork” appears in the Century Dictionary, 35 years after the first patent is granted for a spoon-fork hybrid.

1810 In answer to a 12,000-franc cash prize offered by the French military during the Napoleonic Wars, canning is invented as a new method of preserving food. Unfortunately for Napoleon, the war ends before the process is perfected. Even more unfortunately for his

soldiers, the can opener is not invented for another 30 years.

1884 The invention of peanut butter is credited to a Montreal physician seeking a high-protein food for the toothless and elderly. Some four decades later, pioneering peanut proponent, George Washington Carver, does much to raise the status of the underappreciated legume.

1896 Victorinox founder, Karl Elsener, receives a patent for the Officer's and Sports Knife, an early Swiss Army knife featuring large and small blades, screwdriver, corkscrew, can opener and reamer.

Add new recipes as you wish

Experiment with tastes and textures,
but always try out those new recipes
at home and not 10 miles on the
trail.